



NDB No. 05049

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05050

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

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

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#### 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 17 (2004)



NDB No. 05051

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 8.290                                 |            | 0                     |            | 1   |                 | 2.653     | 4.394     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.150                                 |            | 0                     |            | 1   |                 | 0.368     | 0.610     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.840                                 |            | 0                     |            | 1   |                 | 2.189     | 3.625     |           |
| 20:1.....g                               | 0.200                                 |            | 0                     |            | 1   |                 | 0.064     | 0.106     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.620                                 |            | 0                     |            | 1   |                 | 1.478     | 2.449     |           |
| 18:2 undifferentiated.....g              | 4.040                                 |            | 0                     |            | 1   |                 | 1.293     | 2.141     |           |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0                     |            | 1   |                 | 0.058     | 0.095     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0                     |            | 1   |                 | 0.054     | 0.090     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.006     | 0.011     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.010     | 0.016     |           |
| 22:6 n-3.....g                           | 0.060                                 |            | 0                     |            | 1   |                 | 0.019     | 0.032     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 88                                    |            | 0                     |            | 1   |                 | 28        | 47        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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#### Common Measures:

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

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

**NDB No. 05051**

**Chicken, broilers or fryers, back, meat and skin, cooked, roasted**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, back, meat and skin, cooked, stewed**

**Refuse: 48% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 60.93                                 | 0.881      | 16                    |            | 1           |                 | 97.49   | 21.93     |           |
| Energy.....kcal                       | 258                                   |            | 0                     | NC         | 4           |                 | 413   | 93        |           |
| Energy.....kj                         | 1079                                  |            |                       |            | 4           |                 | 1727  | 389       |           |
| Protein (N x 6.25).....g              | 22.18                                 | 0.410      | 16                    |            | 1           |                 | 35.49   | 7.98      |           |
| Total lipid (fat).....g               | 18.14                                 | 0.628      | 16                    |            | 1           |                 | 29.02   | 6.53      |           |
| Ash.....g                             | 0.64                                  | 0.039      | 16                    |            | 1           |                 | 1.02  | 0.23      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 18                                    | 1.231      | 16                    |            | 1           |                 | 29  | 6         |           |
| Iron, Fe.....mg                       | 1.22                                  | 0.039      | 16                    |            | 1           |                 | 1.95  | 0.44      |           |
| Magnesium, Mg.....mg                  | 16                                    | 0.253      | 16                    |            | 1           |                 | 26  | 6         |           |
| Phosphorus, P.....mg                  | 120                                   | 1.636      | 16                    |            | 1           |                 | 192   | 43        |           |
| Potassium, K.....mg                   | 145                                   | 6.275      | 16                    |            | 1           |                 | 232   | 52        |           |
| Sodium, Na.....mg                     | 64                                    | 1.787      | 16                    |            | 1           |                 | 102   | 23        |           |
| Zinc, Zn.....mg                       | 1.93                                  | 0.046      | 16                    |            | 1           |                 | 3.09  | 0.69      |           |
| Copper, Cu.....mg                     | 0.063                                 | 0.002      | 16                    |            | 1           |                 | 0.101   | 0.023     |           |
| Manganese, Mn.....mg                  | 0.020                                 | 0.001      | 16                    |            | 1           |                 | 0.032   | 0.007     |           |
| Selenium, Se.....mcg                  | 19.9                                  |            | 0                     | BFYN       | 4           |                 | 31.8  | 7.2       |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Thiamin.....mg                        | 0.043                                 | 0.003      | 8                     |            | 1           |                 | 0.069   | 0.015     |           |
| Riboflavin.....mg                     | 0.151                                 | 0.005      | 8                     |            | 1           |                 | 0.242   | 0.054     |           |
| Niacin.....mg                         | 4.343                                 | 0.309      | 8                     |            | 1           |                 | 6.949   | 1.563     |           |
| Pantothenic acid.....mg               | 0.696                                 |            | 0                     |            | 1           |                 | 1.114   | 0.251     |           |
| Vitamin B-6.....mg                    | 0.150                                 |            | 0                     |            | 1           |                 | 0.240   | 0.054     |           |
| Folate, total.....mcg                 | 5                                     |            | 0                     |            | 1           |                 | 8   | 2         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 5                                     |            | 0                     |            | 1           |                 | 8   | 2         |           |
| Folate, DFE.....mcg_DFE               | 5                                     |            | 0                     | NC         | 4           |                 | 8   | 2         |           |
| Vitamin B-12.....mcg                  | 0.18                                  |            | 0                     |            | 1           |                 | 0.29  | 0.06      |           |
| Vitamin A, IU.....IU                  | 293                                   |            | 0                     | NC         | 4           |                 | 469   | 106       |           |
| Vitamin A, RAE.....mcg_RAE            | 88                                    |            | 0                     | NC         | 4           |                 | 141   | 32        |           |
| Retinol.....mcg                       | 88                                    |            | 0                     | NR         | 4           |                 | 141   | 32        |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0                     | NR         | 4           |                 | 0.42  | 0.10      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     | 4.1                                   |            | 0                     | CASN       | 4           |                 | 6.6   | 1.5       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 5.020                                 |            | 0                     |            | 1           |                 | 8.032   | 1.807     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.030                                 |            | 0                     |            | 1           |                 | 0.048   | 0.011     |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.140                                 |            | 0                     |            | 1           |                 | 0.224   | 0.050     |           |
| 15:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....g                            | 3.690                                 |            | 0                     |            | 1           |                 | 5.904   | 1.328     |           |
| 17:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 18:0.....g                            | 1.020                                 |            | 0                     |            | 1           |                 | 1.632   | 0.367     |           |
| 20:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |



NDB No. 05052

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

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05048

Chicken, broilers or fryers, back, 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<br>of Data<br>Points | Deriv<br>Code | Source<br>Code                                      | Confidence<br>Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                             |               |   |                    |           |           |           |
| Fatty acids, total monounsaturated.....g | 12.250                                |            | 0                           |               | 1   |                    | 7.228     | 12.128    |           |
| 14:1.....g                               |                                       |            |                             |               |   |                    |           |           |           |
| 15:1.....g                               |                                       |            |                             |               |   |                    |           |           |           |
| 16:1 undifferentiated.....g              | 1.610                                 |            | 0                           |               | 1   |                    | 0.950     | 1.594     |           |
| 17:1.....g                               |                                       |            |                             |               |   |                    |           |           |           |
| 18:1 undifferentiated.....g              | 10.180                                |            | 0                           |               | 1   |                    | 6.006     | 10.078    |           |
| 20:1.....g                               | 0.290                                 |            | 0                           |               | 1   |                    | 0.171     | 0.287     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                           |               | 4   |                    | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                             |               |   |                    |           |           |           |
| Fatty acids, total polyunsaturated.....g | 6.140                                 |            | 0                           |               | 1   |                    | 3.623     | 6.079     |           |
| 18:2 undifferentiated.....g              | 5.580                                 |            | 0                           |               | 1   |                    | 3.292     | 5.524     |           |
| 18:3 undifferentiated.....g              | 0.280                                 |            | 0                           |               | 1   |                    | 0.165     | 0.277     |           |
| 18:4.....g                               | 0.000                                 |            | 0                           | Z             | 7   |                    | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |   |                    |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |   |                    |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0                           |               | 1   |                    | 0.059     | 0.099     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                           |               | 1   |                    | 0.006     | 0.010     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                           |               | 1   |                    | 0.012     | 0.020     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                           |               | 1   |                    | 0.018     | 0.030     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |   |                    |           |           |           |
| Cholesterol.....mg                       | 79                                    |            | 0                           |               | 1   |                    | 47        | 78        |           |
| Phytosterols.....mg                      |                                       |            |                             |               |   |                    |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                             |               |   |                    |           |           |           |
| 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                     |                                       |            |                             |               |   |                    |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                             |               |   |                    |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                             |               |   |                    |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                           | Z             | 7   |                    | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                           | Z             | 7   |                    | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                           | Z             | 7   |                    | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                           | Z             | 7   |                    | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                           | Z             | 7   |                    | 0.000     | 0.000     |           |

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

**Common Measures:**

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05054

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05055

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

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05056

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.020                                 |            | 0                     |            | 1   |                 | 1.045     | 1.688     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.550                                 |            | 0                     |            | 1   |                 | 0.143     | 0.231     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.350                                 |            | 0                     |            | 1   |                 | 0.871     | 1.407     |           |
| 20:1.....g                               | 0.060                                 |            | 0                     |            | 1   |                 | 0.016     | 0.025     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.620                                 |            | 0                     |            | 1   |                 | 0.681     | 1.100     |           |
| 18:2 undifferentiated.....g              | 2.150                                 |            | 0                     |            | 1   |                 | 0.559     | 0.903     |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1   |                 | 0.026     | 0.042     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0                     |            | 1   |                 | 0.044     | 0.071     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.005     | 0.008     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 | 0.010     | 0.017     |           |
| 22:6 n-3.....g                           | 0.070                                 |            | 0                     |            | 1   |                 | 0.018     | 0.029     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 85                                    |            | 0                     |            | 1   |                 | 22        | 36        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, back, meat only, raw**

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 75.31                                 | 0.336      | 24                    |            | 1           |                 | 23.35   | 38.41     |           |
| Energy.....kcal                       | 137                                   |            | 0                     | NC         | 4           |                 | 42  | 70        |           |
| Energy.....kj                         | 573                                   |            |                       |            | 4           |                 | 178   | 292       |           |
| Protein (N x 6.25).....g              | 19.56                                 | 0.210      | 24                    |            | 1           |                 | 6.06  | 9.98      |           |
| Total lipid (fat).....g               | 5.92                                  | 0.256      | 24                    |            | 1           |                 | 1.84  | 3.02      |           |
| Ash.....g                             | 0.92                                  | 0.038      | 24                    |            | 1           |                 | 0.29  | 0.47      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 17                                    | 1.046      | 24                    |            | 1           |                 | 5   | 9         |           |
| Iron, Fe.....mg                       | 1.04                                  | 0.039      | 24                    |            | 1           |                 | 0.32  | 0.53      |           |
| Magnesium, Mg.....mg                  | 22                                    | 0.434      | 24                    |            | 1           |                 | 7   | 11        |           |
| Phosphorus, P.....mg                  | 151                                   | 3.601      | 24                    |            | 1           |                 | 47  | 77        |           |
| Potassium, K.....mg                   | 204                                   | 5.535      | 24                    |            | 1           |                 | 63  | 104       |           |
| Sodium, Na.....mg                     | 82                                    | 1.800      | 24                    |            | 1           |                 | 25  | 42        |           |
| Zinc, Zn.....mg                       | 1.85                                  | 0.045      | 24                    |            | 1           |                 | 0.57  | 0.94      |           |
| Copper, Cu.....mg                     | 0.060                                 | 0.002      | 24                    |            | 1           |                 | 0.019   | 0.031     |           |
| Manganese, Mn.....mg                  | 0.021                                 | 0.001      | 24                    |            | 1           |                 | 0.007   | 0.011     |           |
| Selenium, Se.....mcg                  | 13.5                                  | 1.936      | 4                     | A          | 1           |                 | 4.2   | 6.9       |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Thiamin.....mg                        | 0.074                                 | 0.004      | 16                    |            | 1           |                 | 0.023   | 0.038     |           |
| Riboflavin.....mg                     | 0.164                                 | 0.006      | 16                    |            | 1           |                 | 0.051   | 0.084     |           |
| Niacin.....mg                         | 6.672                                 | 0.315      | 16                    |            | 1           |                 | 2.068   | 3.403     |           |
| Pantothenic acid.....mg               | 1.224                                 |            | 0                     |            | 1           |                 | 0.379   | 0.624     |           |
| Vitamin B-6.....mg                    | 0.330                                 |            | 0                     |            | 1           |                 | 0.102   | 0.168     |           |
| Folate, total.....mcg                 | 9                                     |            | 0                     |            | 1           |                 | 3   | 5         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 9                                     |            | 0                     |            | 1           |                 | 3   | 5         |           |
| Folate, DFE.....mcg_DFE               | 9                                     |            | 0                     | NC         | 4           |                 | 3   | 5         |           |
| Vitamin B-12.....mcg                  | 0.36                                  |            | 0                     |            | 1           |                 | 0.11  | 0.18      |           |
| Vitamin A, IU.....IU                  | 99                                    |            | 0                     |            | 1           |                 | 31  | 50        |           |
| Vitamin A, RAE.....mcg_RAE            | 30                                    |            | 0                     | NC         | 4           |                 | 9   | 15        |           |
| Retinol.....mcg                       | 30                                    |            | 0                     | NR         | 4           |                 | 9   | 15        |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.22                                  |            | 0                     | CASN       | 4           |                 | 0.07  | 0.11      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     | 2.4                                   |            | 0                     | CAZN       | 4           |                 | 0.7   | 1.2       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 1.520                                 |            | 0                     |            | 1           |                 | 0.471   | 0.775     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.030                                 | 0.006      | 17                    |            | 1           |                 | 0.009   | 0.015     |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.040                                 | 0.004      | 24                    |            | 1           |                 | 0.012   | 0.020     |           |
| 15:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....g                            | 1.010                                 | 0.050      | 24                    |            | 1           |                 | 0.313   | 0.515     |           |
| 17:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 18:0.....g                            | 0.400                                 | 0.027      | 24                    |            | 1           |                 | 0.124   | 0.204     |           |
| 20:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |

NDB No. 05053

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.840                                 |            | 0                     |            | 1           |   | 0.570     | 0.938     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.270                                 | 0.019      | 24                    |            | 1           |   | 0.084     | 0.138     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.530                                 | 0.079      | 24                    |            | 1           |   | 0.474     | 0.780     |           |
| 20:1.....g                               | 0.010                                 | 0.004      | 6                     |            | 1           |   | 0.003     | 0.005     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.470                                 |            | 0                     |            | 1           |   | 0.456     | 0.750     |           |
| 18:2 undifferentiated.....g              | 1.130                                 | 0.057      | 24                    |            | 1           |   | 0.350     | 0.576     |           |
| 18:3 undifferentiated.....g              | 0.050                                 | 0.004      | 18                    |            | 1           |   | 0.016     | 0.026     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 | 0.026      | 16                    |            | 1           |   | 0.043     | 0.071     |           |
| 20:5 n-3.....g                           | 0.020                                 | 0.005      | 8                     |            | 1           |   | 0.006     | 0.010     |           |
| 22:5 n-3.....g                           | 0.030                                 | 0.008      | 9                     |            | 1           |   | 0.009     | 0.015     |           |
| 22:6 n-3.....g                           | 0.060                                 | 0.016      | 9                     |            | 1           |   | 0.019     | 0.031     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 81                                    |            | 0                     |            | 1           |   | 25        | 41        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05058

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

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05059

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, breast, meat and skin, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 62.44                                 | 0.300      | 16             |            | 1   |                 | 87.42     | 36.22     | 61.19     |
| Energy.....kcal                       | 197                                   |            | 0              | NC         | 4   |                 | 276       | 114       | 193       |
| Energy.....kj                         | 824                                   |            |                |            | 4   |                 | 1154      | 478       | 808       |
| Protein (N x 6.25).....g              | 29.80                                 | 0.355      | 16             |            | 1   |                 | 41.72     | 17.28     | 29.20     |
| Total lipid (fat).....g               | 7.78                                  | 0.300      | 16             |            | 1   |                 | 10.89     | 4.51      | 7.62      |
| Ash.....g                             | 0.99                                  | 0.034      | 16             |            | 1   |                 | 1.39      | 0.57      | 0.97      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 14                                    | 0.802      | 17             |            | 1   |                 | 20        | 8         | 14        |
| Iron, Fe.....mg                       | 1.07                                  | 0.065      | 17             |            | 1   |                 | 1.50      | 0.62      | 1.05      |
| Magnesium, Mg.....mg                  | 27                                    | 0.540      | 17             |            | 1   |                 | 38        | 16        | 26        |
| Phosphorus, P.....mg                  | 214                                   | 6.940      | 17             |            | 1   |                 | 300       | 124       | 210       |
| Potassium, K.....mg                   | 245                                   | 7.020      | 17             |            | 1   |                 | 343       | 142       | 240       |
| Sodium, Na.....mg                     | 71                                    | 3.327      | 17             |            | 1   |                 | 99        | 41        | 70        |
| Zinc, Zn.....mg                       | 1.02                                  | 0.026      | 17             |            | 1   |                 | 1.43      | 0.59      | 1.00      |
| Copper, Cu.....mg                     | 0.050                                 | 0.002      | 17             |            | 1   |                 | 0.070     | 0.029     | 0.049     |
| Manganese, Mn.....mg                  | 0.018                                 | 0.001      | 16             |            | 1   |                 | 0.025     | 0.010     | 0.018     |
| Selenium, Se.....mcg                  | 24.7                                  |            | 0              | BFYN       | 4   |                 | 34.6      | 14.3      | 24.2      |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.066                                 | 0.005      | 9              |            | 1   |                 | 0.092     | 0.038     | 0.065     |
| Riboflavin.....mg                     | 0.119                                 | 0.007      | 9              |            | 1   |                 | 0.167     | 0.069     | 0.117     |
| Niacin.....mg                         | 12.710                                | 0.574      | 9              |            | 1   |                 | 17.794    | 7.372     | 12.456    |
| Pantothenic acid.....mg               | 0.936                                 |            | 0              |            | 1   |                 | 1.310     | 0.543     | 0.917     |
| Vitamin B-6.....mg                    | 0.560                                 | 0.018      | 11             |            | 1   |                 | 0.784     | 0.325     | 0.549     |
| Folate, total.....mcg                 | 4                                     |            | 0              |            | 1   |                 | 6         | 2         | 4         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 4                                     |            | 0              |            | 1   |                 | 6         | 2         | 4         |
| Folate, DFE.....mcg_DFE               | 4                                     |            | 0              | NC         | 4   |                 | 6         | 2         | 4         |
| Vitamin B-12.....mcg                  | 0.32                                  |            | 0              |            | 1   |                 | 0.45      | 0.19      | 0.31      |
| Vitamin A, IU.....IU                  | 90                                    |            | 0              | NC         | 4   |                 | 126       | 52        | 88        |
| Vitamin A, RAE.....mcg_RAE            | 27                                    |            | 0              | NC         | 4   |                 | 38        | 16        | 26        |
| Retinol.....mcg                       | 27                                    |            | 0              | NR         | 4   |                 | 38        | 16        | 26        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   |                 | 0.37      | 0.15      | 0.26      |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.3                                   |            | 0              | BFZN       | 4   |                 | 0.4       | 0.1       | 0.2       |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 2.190                                 |            | 0              |            | 1   |                 | 3.066     | 1.270     | 2.146     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1   |                 | 0.014     | 0.006     | 0.010     |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.060                                 |            | 0              |            | 1   |                 | 0.084     | 0.035     | 0.059     |
| 15:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 16:0.....g                            | 1.610                                 |            | 0              |            | 1   |                 | 2.254     | 0.934     | 1.578     |
| 17:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 18:0.....g                            | 0.450                                 |            | 0              |            | 1   |                 | 0.630     | 0.261     | 0.441     |
| 20:0.....g                            |                                       | </         |                |            |   |                 |           |           |           |

NDB No. 05060

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

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

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

#### Common Measures:

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

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

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

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

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

**Food Group:** 05 Poultry Products

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**Chicken, broilers or fryers, breast, meat and skin, cooked, stewed**

**Refuse: 18% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |         |       | Amount in edible portion of common measures of food |            |           |           |           |
|---------------------------------------|---------------------------------------|------------|---------|-------|---|------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number  | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data | Code  | Code  | Code       |           |           |           |
|                                       |                                       |            | Points  |       |   |            |           |           |           |
| Proximates:                           |                                       |            |         |       |   |            |           |           |           |
| Water.....g                           | 66.21                                 | 0.406      | 16      |       | 1   |            | 92.69     | 43.70     | 72.83     |
| Energy.....kcal                       | 184                                   |            | 0       | NC    | 4   |            | 258       | 121       | 202       |
| Energy.....kj                         | 770                                   |            |         |       | 4   |            | 1078      | 508       | 847       |
| Protein (N x 6.25).....g              | 27.39                                 | 0.277      | 16      |       | 1   |            | 38.35     | 18.08     | 30.13     |
| Total lipid (fat).....g               | 7.42                                  | 0.222      | 16      |       | 1   |            | 10.39     | 4.90      | 8.16      |
| Ash.....g                             | 0.84                                  | 0.036      | 16      |       | 1   |            | 1.18      | 0.55      | 0.92      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0       | Z     | 7   |            | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0       | Z     | 7   |            | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0       | Z     | 7   |            | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |         |       |   |            |           |           |           |
| Minerals:                             |                                       |            |         |       |   |            |           |           |           |
| Calcium, Ca.....mg                    | 13                                    | 0.497      | 16      |       | 1   |            | 18        | 9         | 14        |
| Iron, Fe.....mg                       | 0.92                                  | 0.056      | 16      |       | 1   |            | 1.29      | 0.61      | 1.01      |
| Magnesium, Mg.....mg                  | 22                                    | 0.445      | 16      |       | 1   |            | 31        | 15        | 24        |
| Phosphorus, P.....mg                  | 156                                   | 3.554      | 16      |       | 1   |            | 218       | 103       | 172       |
| Potassium, K.....mg                   | 178                                   | 7.772      | 16      |       | 1   |            | 249       | 117       | 196       |
| Sodium, Na.....mg                     | 62                                    | 2.645      | 16      |       | 1   |            | 87        | 41        | 68        |
| Zinc, Zn.....mg                       | 0.97                                  | 0.018      | 16      |       | 1   |            | 1.36      | 0.64      | 1.07      |
| Copper, Cu.....mg                     | 0.044                                 | 0.002      | 16      |       | 1   |            | 0.062     | 0.029     | 0.048     |
| Manganese, Mn.....mg                  | 0.018                                 | 0.001      | 16      |       | 1   |            | 0.025     | 0.012     | 0.020     |
| Selenium, Se.....mcg                  | 21.8                                  |            | 0       | BFSN  | 4   |            | 30.5      | 14.4      | 24.0      |
| Vitamins:                             |                                       |            |         |       |   |            |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0       | Z     | 7   |            | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.041                                 | 0.005      | 8       |       | 1   |            | 0.057     | 0.027     | 0.045     |
| Riboflavin.....mg                     | 0.115                                 | 0.003      | 8       |       | 1   |            | 0.161     | 0.076     | 0.127     |
| Niacin.....mg                         | 7.807                                 | 0.308      | 8       |       | 1   |            | 10.930    | 5.153     | 8.588     |
| Pantothenic acid.....mg               | 0.547                                 |            | 0       |       | 1   |            | 0.766     | 0.361     | 0.602     |
| Vitamin B-6.....mg                    | 0.290                                 |            | 0       |       | 1   |            | 0.406     | 0.191     | 0.319     |
| Folate, total.....mcg                 | 3                                     |            | 0       |       | 1   |            | 4         | 2         | 3         |
| Folic acid.....mcg                    | 0                                     |            | 0       | Z     | 7   |            | 0         | 0         | 0         |
| Folate, food.....mcg                  | 3                                     |            | 0       |       | 1   |            | 4         | 2         | 3         |
| Folate, DFE.....mcg_DFE               | 3                                     |            | 0       | NC    | 4   |            | 4         | 2         | 3         |
| Vitamin B-12.....mcg                  | 0.21                                  |            | 0       |       | 1   |            | 0.29      | 0.14      | 0.23      |
| Vitamin A, IU.....IU                  | 80                                    |            | 0       | NC    | 4   |            | 112       | 53        | 88        |
| Vitamin A, RAE.....mcg_RAE            | 24                                    |            | 0       | NC    | 4   |            | 34        | 16        | 26        |
| Retinol.....mcg                       | 24                                    |            | 0       | NR    | 4   |            | 34        | 16        | 26        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0       | NR    | 4   |            | 0.37      | 0.17      | 0.29      |
| Tocopherol, beta.....mg               |                                       |            |         |       |   |            |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |         |       |   |            |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |         |       |   |            |           |           |           |
| Vitamin D.....IU                      |                                       |            |         |       |   |            |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.2                                   |            | 0       | BFSN  | 4   |            | 0.3       | 0.1       | 0.2       |
| Lipids:                               |                                       |            |         |       |   |            |           |           |           |
| Fatty acids, total saturated.....g    | 2.080                                 |            | 0       |       | 1   |            | 2.912     | 1.373     | 2.288     |
| 4:0.....g                             | 0.000                                 |            | 0       |       | 1   |            | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0       |       | 1   |            | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0       |       | 1   |            | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0       |       | 1   |            | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.010                                 |            | 0       |       | 1   |            | 0.014     | 0.007     | 0.011     |
| 13:0.....g                            |                                       |            |         |       |   |            |           |           |           |
| 14:0.....g                            | 0.060                                 |            | 0       |       | 1   |            | 0.084     | 0.040     | 0.066     |
| 15:0.....g                            |                                       |            |         |       |   |            |           |           |           |
| 16:0.....g                            | 1.540                                 |            | 0       |       | 1   |            | 2.156     | 1.016     | 1.694     |
| 17:0.....g                            |                                       |            |         |       |   |            |           |           |           |
| 18:0.....g                            | 0.420                                 |            | 0       |       | 1   |            | 0.588     | 0.277     | 0.462     |
| 20:0.....g                            |                                       |            |         |       |   |            |           |           |           |
| 22:0.....g                            |                                       |            |         |       |   |            |           |           |           |
| 24:0.....g                            |                                       |            |         |       |   |            |           |           |           |

NDB No. 05061

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |  |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|--|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code |  |
|  |                                       |            |                       |            |   |                 |  |
|  |                                       |            |                       |            |   |                 |  |
| Fatty acids, total monounsaturated.....g | 2.900                                 |            | 0                     |            | 1   |                 |  |
| 14:1.....g                               |                                       |            |                       |            |   |                 |  |
| 15:1.....g                               |                                       |            |                       |            |   |                 |  |
| 16:1 undifferentiated.....g              | 0.390                                 |            | 0                     |            | 1   |                 |  |
| 17:1.....g                               |                                       |            |                       |            |   |                 |  |
| 18:1 undifferentiated.....g              | 2.390                                 |            | 0                     |            | 1   |                 |  |
| 20:1.....g                               | 0.080                                 |            | 0                     |            | 1   |                 |  |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |  |
| Fatty acids, total polyunsaturated.....g | 1.580                                 |            | 0                     |            | 1   |                 |  |
| 18:2 undifferentiated.....g              | 1.350                                 |            | 0                     |            | 1   |                 |  |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1   |                 |  |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |  |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |  |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1   |                 |  |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 |  |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 |  |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 |  |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |  |
| Cholesterol.....mg                       | 75                                    |            | 0                     |            | 1   |                 |  |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |  |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |  |
| Tryptophan.....g                         | 0.312                                 |            | 0                     |            | 1   |                 |  |
| Threonine.....g                          | 1.143                                 |            | 0                     |            | 1   |                 |  |
| Isoleucine.....g                         | 1.401                                 |            | 0                     |            | 1   |                 |  |
| Leucine.....g                            | 2.019                                 |            | 0                     |            | 1   |                 |  |
| Lysine.....g                             | 2.272                                 |            | 0                     |            | 1   |                 |  |
| Methionine.....g                         | 0.741                                 |            | 0                     |            | 1   |                 |  |
| Cystine.....g                            | 0.359                                 |            | 0                     |            | 1   |                 |  |
| Phenylalanine.....g                      | 1.074                                 |            | 0                     |            | 1   |                 |  |
| Tyrosine.....g                           | 0.900                                 |            | 0                     |            | 1   |                 |  |
| Valine.....g                             | 1.342                                 |            | 0                     |            | 1   |                 |  |
| Arginine.....g                           | 1.689                                 |            | 0                     |            | 1   |                 |  |
| Histidine.....g                          | 0.824                                 |            | 0                     |            | 1   |                 |  |
| Alanine.....g                            | 1.552                                 |            | 0                     |            | 1   |                 |  |
| Aspartic acid.....g                      | 2.441                                 |            | 0                     |            | 1   |                 |  |
| Glutamic acid.....g                      | 4.046                                 |            | 0                     |            | 1   |                 |  |
| Glycine.....g                            | 1.586                                 |            | 0                     |            | 1   |                 |  |
| Proline.....g                            | 1.240                                 |            | 0                     |            | 1   |                 |  |
| Serine.....g                             | 0.956                                 |            | 0                     |            | 1   |                 |  |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |  |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |  |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 |  |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 |  |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |  |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |

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

#### Common Measures:

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

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

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

**NDB No. 05061**

**Chicken, broilers or fryers, breast, meat and skin, cooked, stewed**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

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NDB No. 05057

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

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05063

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.720                                 |            | 0                     |            | 1   |                 | 0.894     | 1.479     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.150                                 |            | 0                     |            | 1   |                 | 0.078     | 0.129     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.520                                 |            | 0                     |            | 1   |                 | 0.790     | 1.307     |           |
| 20:1.....g                               | 0.030                                 |            | 0                     |            | 1   |                 | 0.016     | 0.026     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.070                                 |            | 0                     |            | 1   |                 | 0.556     | 0.920     |           |
| 18:2 undifferentiated.....g              | 0.860                                 |            | 0                     |            | 1   |                 | 0.447     | 0.740     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0                     |            | 1   |                 | 0.026     | 0.043     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 0                     |            | 1   |                 | 0.036     | 0.060     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 | 0.005     | 0.009     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.010     | 0.017     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.016     | 0.026     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 91                                    |            | 0                     |            | 1   |                 | 47        | 78        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

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

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



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, breast, meat only, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |      | Amount in edible portion of common measures of food |             |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------|---|-------------|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |      | Deriv Code  | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         |      |   |             |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |      |   |             |                 |           |           |           |
| Water.....g                           | 65.26                                 | 0.335      | 16             |      | 1   |             |                 | 91.36     | 33.94     | 56.12     |
| Energy.....kcal                       | 165                                   |            | 0              | NC   | 4   |             |                 | 231       | 86        | 142       |
| Energy.....kj                         | 690                                   |            |                |      | 4   |             |                 | 967       | 359       | 594       |
| Protein (N x 6.25).....g              | 31.02                                 | 0.373      | 16             |      | 1   |             |                 | 43.43     | 16.13     | 26.68     |
| Total lipid (fat).....g               | 3.57                                  | 0.213      | 16             |      | 1   |             |                 | 5.00      | 1.86      | 3.07      |
| Ash.....g                             | 1.06                                  | 0.037      | 16             |      | 1   |             |                 | 1.48      | 0.55      | 0.91      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z    | 7   |             |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z    | 7   |             |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z    | 7   |             |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |      |   |             |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |      |   |             |                 |           |           |           |
| Calcium, Ca.....mg                    | 15                                    | 0.796      | 16             |      | 1   |             |                 | 21        | 8         | 13        |
| Iron, Fe.....mg                       | 1.04                                  | 0.061      | 16             |      | 1   |             |                 | 1.46      | 0.54      | 0.89      |
| Magnesium, Mg.....mg                  | 29                                    | 0.544      | 16             |      | 1   |             |                 | 41        | 15        | 25        |
| Phosphorus, P.....mg                  | 228                                   | 7.592      | 16             |      | 1   |             |                 | 319       | 119       | 196       |
| Potassium, K.....mg                   | 256                                   | 7.674      | 16             |      | 1   |             |                 | 358       | 133       | 220       |
| Sodium, Na.....mg                     | 74                                    | 3.112      | 16             |      | 1   |             |                 | 104       | 38        | 64        |
| Zinc, Zn.....mg                       | 1.00                                  | 0.026      | 16             |      | 1   |             |                 | 1.40      | 0.52      | 0.86      |
| Copper, Cu.....mg                     | 0.049                                 | 0.002      | 16             |      | 1   |             |                 | 0.069     | 0.025     | 0.042     |
| Manganese, Mn.....mg                  | 0.017                                 | 0.001      | 16             |      | 1   |             |                 | 0.024     | 0.009     | 0.015     |
| Selenium, Se.....mcg                  | 27.6                                  | 2.916      | 20             | A    | 1   |             |                 | 38.6      | 14.4      | 23.7      |
| <b>Vitamins:</b>                      |                                       |            |                |      |   |             |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z    | 7   |             |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.070                                 | 0.006      | 8              |      | 1   |             |                 | 0.098     | 0.036     | 0.060     |
| Riboflavin.....mg                     | 0.114                                 | 0.009      | 8              |      | 1   |             |                 | 0.160     | 0.059     | 0.098     |
| Niacin.....mg                         | 13.712                                | 0.701      | 8              |      | 1   |             |                 | 19.197    | 7.130     | 11.792    |
| Pantothenic acid.....mg               | 0.965                                 |            | 0              |      | 1   |             |                 | 1.351     | 0.502     | 0.830     |
| Vitamin B-6.....mg                    | 0.600                                 |            | 0              |      | 1   |             |                 | 0.840     | 0.312     | 0.516     |
| Folate, total.....mcg                 | 4                                     |            | 0              |      | 1   |             |                 | 6         | 2         | 3         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z    | 7   |             |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 4                                     |            | 0              |      | 1   |             |                 | 6         | 2         | 3         |
| Folate, DFE.....mcg_DFE               | 4                                     |            | 0              | NC   | 4   |             |                 | 6         | 2         | 3         |
| Vitamin B-12.....mcg                  | 0.34                                  |            | 0              |      | 1   |             |                 | 0.48      | 0.18      | 0.29      |
| Vitamin A, IU.....IU                  | 20                                    |            | 0              | NC   | 4   |             |                 | 28        | 10        | 17        |
| Vitamin A, RAE.....mcg_RAE            | 6                                     |            | 0              | NC   | 4   |             |                 | 8         | 3         | 5         |
| Retinol.....mcg                       | 6                                     |            | 0              | NR   | 4   |             |                 | 8         | 3         | 5         |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR   | 4   |             |                 | 0.37      | 0.14      | 0.23      |
| Tocopherol, beta.....mg               |                                       |            |                |      |   |             |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |      |   |             |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |      |   |             |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |      |   |             |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.3                                   |            | 0              | BFZN | 4   |             |                 | 0.4       | 0.1       | 0.2       |
| <b>Lipids:</b>                        |                                       |            |                |      |   |             |                 |           |           |           |
| Fatty acids, total saturated.....g    | 1.010                                 |            | 0              |      | 1   |             |                 | 1.414     | 0.525     | 0.869     |
| 4:0.....g                             | 0.000                                 |            | 0              |      | 1   |             |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |      | 1   |             |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |      | 1   |             |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |      | 1   |             |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.010                                 |            | 0              |      | 1   |             |                 | 0.014     | 0.005     | 0.009     |
| 13:0.....g                            |                                       |            |                |      |   |             |                 |           |           |           |
| 14:0.....g                            | 0.030                                 |            | 0              |      | 1   |             |                 | 0.042     | 0.016     | 0.026     |
| 15:0.....g                            |                                       |            |                |      |   |             |                 |           |           |           |
| 16:0.....g                            | 0.690                                 |            | 0              |      | 1   |             |                 |           |           |           |

NDB No. 05064

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

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

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

#### Common Measures:

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

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

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

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

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, breast, meat only, cooked, stewed**

**Refuse:** 30% 18% bone, 12% skin

[illegible]

NDB No. 05065

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |  |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|--|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code |  |
|  |                                       |            |                       |            |   |                 |  |
|  |                                       |            |                       |            |   |                 |  |
| Fatty acids, total monounsaturated.....g | 1.030                                 |            | 0                     |            | 1   |                 |  |
| 14:1.....g                               |                                       |            |                       |            |   |                 |  |
| 15:1.....g                               |                                       |            |                       |            |   |                 |  |
| 16:1 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 1   |                 |  |
| 17:1.....g                               |                                       |            |                       |            |   |                 |  |
| 18:1 undifferentiated.....g              | 0.870                                 |            | 0                     |            | 1   |                 |  |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1   |                 |  |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |  |
| Fatty acids, total polyunsaturated.....g | 0.660                                 |            | 0                     |            | 1   |                 |  |
| 18:2 undifferentiated.....g              | 0.500                                 |            | 0                     |            | 1   |                 |  |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1   |                 |  |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |  |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |  |
| 20:4 undifferentiated.....g              | 0.050                                 |            | 0                     |            | 1   |                 |  |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 |  |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 |  |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 |  |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |  |
| Cholesterol.....mg                       | 77                                    |            | 0                     |            | 1   |                 |  |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |  |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |  |
| Tryptophan.....g                         | 0.339                                 |            | 0                     |            | 1   |                 |  |
| Threonine.....g                          | 1.224                                 |            | 0                     |            | 1   |                 |  |
| Isoleucine.....g                         | 1.530                                 |            | 0                     |            | 1   |                 |  |
| Leucine.....g                            | 2.175                                 |            | 0                     |            | 1   |                 |  |
| Lysine.....g                             | 2.462                                 |            | 0                     |            | 1   |                 |  |
| Methionine.....g                         | 0.802                                 |            | 0                     |            | 1   |                 |  |
| Cystine.....g                            | 0.371                                 |            | 0                     |            | 1   |                 |  |
| Phenylalanine.....g                      | 1.150                                 |            | 0                     |            | 1   |                 |  |
| Tyrosine.....g                           | 0.978                                 |            | 0                     |            | 1   |                 |  |
| Valine.....g                             | 1.437                                 |            | 0                     |            | 1   |                 |  |
| Arginine.....g                           | 1.748                                 |            | 0                     |            | 1   |                 |  |
| Histidine.....g                          | 0.900                                 |            | 0                     |            | 1   |                 |  |
| Alanine.....g                            | 1.581                                 |            | 0                     |            | 1   |                 |  |
| Aspartic acid.....g                      | 2.583                                 |            | 0                     |            | 1   |                 |  |
| Glutamic acid.....g                      | 4.340                                 |            | 0                     |            | 1   |                 |  |
| Glycine.....g                            | 1.424                                 |            | 0                     |            | 1   |                 |  |
| Proline.....g                            | 1.192                                 |            | 0                     |            | 1   |                 |  |
| Serine.....g                             | 0.997                                 |            | 0                     |            | 1   |                 |  |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |  |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |  |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 |  |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 |  |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |  |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |

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

#### Common Measures:

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

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05062

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

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

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

#### Common Measures:

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

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

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

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 23% Bone**

[illegible]

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

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#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05036

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.660                                 |            | 0                     |            | 1           |   | 7.326     | 12.254    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.740                                 |            | 0                     |            | 1           |   | 0.814     | 1.362     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.730                                 |            | 0                     |            | 1           |   | 6.303     | 10.543    |           |
| 20:1.....g                               | 0.120                                 |            | 0                     |            | 1           |   | 0.132     | 0.221     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.910                                 |            | 0                     |            | 1           |   | 4.301     | 7.194     |           |
| 18:2 undifferentiated.....g              | 3.420                                 |            | 0                     |            | 1           |   | 3.762     | 6.293     |           |
| 18:3 undifferentiated.....g              | 0.170                                 |            | 0                     |            | 1           |   | 0.187     | 0.313     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0                     |            | 1           |   | 0.154     | 0.258     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.022     | 0.037     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1           |   | 0.033     | 0.055     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                     |            | 1           |   | 0.055     | 0.092     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 92                                    |            | 0                     |            | 1           |   | 101       | 169       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

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

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

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

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]



NDB No. 05037

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05038

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05034

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

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

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#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse:** 42% 30% bone, 12% skin

[illegible]

NDB No. 05044

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

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

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

#### Common Measures:

Measure 1 = 140g: 1 cup

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05045

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

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

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

#### Common Measures:

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

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, dark meat, meat only, cooked, stewed**

**Refuse:** 52% 38% bone, 14% skin

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

NDB No. 05046

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

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

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#### Common Measures:

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

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

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

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

**Calories Factors:** Protein 4.27                      Fat 9.02                      Carbohydrate 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05043

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.340                                 |            | 0                     |            | 1           |   | 1.461     | 2.439     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.200                                 | 0.013      | 24                    |            | 1           |   | 0.218     | 0.364     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.110                                 | 0.053      | 24                    |            | 1           |   | 1.210     | 2.020     |           |
| 20:1.....g                               | 0.010                                 | 0.003      | 6                     |            | 1           |   | 0.011     | 0.018     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.070                                 |            | 0                     |            | 1           |   | 1.166     | 1.947     |           |
| 18:2 undifferentiated.....g              | 0.820                                 | 0.038      | 24                    |            | 1           |   | 0.894     | 1.492     |           |
| 18:3 undifferentiated.....g              | 0.040                                 | 0.003      | 18                    |            | 1           |   | 0.044     | 0.073     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 | 0.019      | 16                    |            | 1           |   | 0.109     | 0.182     |           |
| 20:5 n-3.....g                           | 0.010                                 | 0.004      | 8                     |            | 1           |   | 0.011     | 0.018     |           |
| 22:5 n-3.....g                           | 0.020                                 | 0.006      | 9                     |            | 1           |   | 0.022     | 0.036     |           |
| 22:6 n-3.....g                           | 0.040                                 | 0.012      | 9                     |            | 1           |   | 0.044     | 0.073     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 80                                    |            | 0                     |            | 1           |   | 87        | 146       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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#### Common Measures:

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

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



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05067

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

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

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#### 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 17 (2004)



NDB No. 05068

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

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

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#### 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 17 (2004)

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

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

NDB No. 05069

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

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

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

#### Common Measures:

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

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

Measure 3 = 52g: 1 drumstick, bone removed

**NDB No. 05069**

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |             |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-------------|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code |   |             |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |             |                 |           |           |           |
| Water.....g                           | 65.12                                 | 0.534      | 16             |            | 1   |             | 91.17           | 22.14     | 37.12     |           |
| Energy.....kcal                       | 204                                   |            | 0              | NC         | 4   |             | 286             | 69        | 116       |           |
| Energy.....kj                         | 854                                   |            |                |            | 4   |             | 1195            | 290       | 487       |           |
| Protein (N x 6.25).....g              | 25.32                                 | 0.372      | 16             |            | 1   |             | 35.45           | 8.61      | 14.43     |           |
| Total lipid (fat).....g               | 10.64                                 | 0.215      | 16             |            | 1   |             | 14.90           | 3.62      | 6.06      |           |
| Ash.....g                             | 0.82                                  | 0.040      | 16             |            | 1   |             | 1.15            | 0.28      | 0.47      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |             | 0.00            | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |             | 0.0             | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |             | 0.00            | 0.00      | 0.00      |           |
| Starch.....g                          |                                       |            |                |            |   |             |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |             |                 |           |           |           |
| Calcium, Ca.....mg                    | 11                                    | 0.439      | 16             |            | 1   |             | 15              | 4         | 6         |           |
| Iron, Fe.....mg                       | 1.33                                  | 0.045      | 16             |            | 1   |             | 1.86            | 0.45      | 0.76      |           |
| Magnesium, Mg.....mg                  | 20                                    | 0.328      | 16             |            | 1   |             | 28              | 7         | 11        |           |
| Phosphorus, P.....mg                  | 141                                   | 3.043      | 16             |            | 1   |             | 197             | 48        | 80        |           |
| Potassium, K.....mg                   | 184                                   | 6.287      | 16             |            | 1   |             | 258             | 63        | 105       |           |
| Sodium, Na.....mg                     | 76                                    | 1.765      | 16             |            | 1   |             | 106             | 26        | 43        |           |
| Zinc, Zn.....mg                       | 2.65                                  | 0.072      | 16             |            | 1   |             | 3.71            | 0.90      | 1.51      |           |
| Copper, Cu.....mg                     | 0.071                                 | 0.001      | 16             |            | 1   |             | 0.099           | 0.024     | 0.040     |           |
| Manganese, Mn.....mg                  | 0.019                                 | 0.001      | 16             |            | 1   |             | 0.027           | 0.006     | 0.011     |           |
| Selenium, Se.....mcg                  | 17.0                                  |            | 0              | BFYN       | 4   |             | 23.8            | 5.8       | 9.7       |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |             |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |             | 0.0             | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.050                                 | 0.002      | 8              |            | 1   |             | 0.070           | 0.017     | 0.029     |           |
| Riboflavin.....mg                     | 0.190                                 | 0.006      | 8              |            | 1   |             | 0.266           | 0.065     | 0.108     |           |
| Niacin.....mg                         | 4.204                                 | 0.216      | 8              |            | 1   |             | 5.886           | 1.429     | 2.396     |           |
| Pantothenic acid.....mg               | 0.858                                 |            | 0              |            | 1   |             | 1.201           | 0.292     | 0.489     |           |
| Vitamin B-6.....mg                    | 0.190                                 |            | 0              |            | 1   |             | 0.266           | 0.065     | 0.108     |           |
| Folate, total.....mcg                 | 7                                     |            | 0              |            | 1   |             | 10              | 2         | 4         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |             | 0               | 0         | 0         |           |
| Folate, food.....mcg                  | 7                                     |            | 0              |            | 1   |             | 10              | 2         | 4         |           |
| Folate, DFE.....mcg_DFE               | 7                                     |            | 0              | NC         | 4   |             | 10              | 2         | 4         |           |
| Vitamin B-12.....mcg                  | 0.22                                  |            | 0              |            | 1   |             | 0.31            | 0.07      | 0.13      |           |
| Vitamin A, IU.....IU                  | 90                                    |            | 0              | NC         | 4   |             | 126             | 31        | 51        |           |
| Vitamin A, RAE.....mcg_RAE            | 27                                    |            | 0              | NC         | 4   |             | 38              | 9         | 15        |           |
| Retinol.....mcg                       | 27                                    |            | 0              | NR         | 4   |             | 38              | 9         | 15        |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   |             | 0.37            | 0.09      | 0.15      |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |             |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |             |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |             |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |             |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 4.0                                   |            | 0              | BFYN       | 4   |             | 5.6             | 1.4       | 2.3       |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |             |                 |           |           |           |
| Fatty acids, total saturated.....g    | 2.910                                 |            | 0              |            | 1   |             | 4.074           | 0.989     | 1.659     |           |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   |             | 0.000           | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   |             | 0.000           | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   |             | 0.000           | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1   |             | 0.000           | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.020                                 |            | 0              |            | 1   |             | 0.028           | 0.007     | 0.011     |           |
| 13:0.....g                            |                                       |            |                |            |   |             |                 |           |           |           |
| 14:0.....g                            | 0.080                                 |            | 0              |            | 1   |             | 0.112           | 0.027     | 0.046     |           |
| 15:0.....g                            |                                       |            |                |            |   |             |                 |           |           |           |
| 16:0.....g                            | 2.120                                 |            | 0              |            | 1   |             | 2.968           | 0.721     | 1.208     |           |
| 17:0.....g                            |                                       |            |                |            |   |             |                 |           |           |           |
| 18:0.....g                            | 0.600                                 |            | 0              |            | 1   |             | 0.840           | 0.204     | 0.342     |           |
| 20:0.....g                            |                                       |            |                |            | </  |             |                 |           |           |           |

NDB No. 05070

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.070                                 |            | 0                     |            | 1   |                 | 5.698     | 1.384     | 2.320     |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.570                                 |            | 0                     |            | 1   |                 | 0.798     | 0.194     | 0.325     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.350                                 |            | 0                     |            | 1   |                 | 4.690     | 1.139     | 1.910     |
| 20:1.....g                               | 0.090                                 |            | 0                     |            | 1   |                 | 0.126     | 0.031     | 0.051     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.380                                 |            | 0                     |            | 1   |                 | 3.332     | 0.809     | 1.357     |
| 18:2 undifferentiated.....g              | 2.040                                 |            | 0                     |            | 1   |                 | 2.856     | 0.694     | 1.163     |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1   |                 | 0.126     | 0.031     | 0.051     |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1   |                 | 0.154     | 0.037     | 0.063     |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 | 0.014     | 0.003     | 0.006     |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.007     | 0.011     |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 | 0.056     | 0.014     | 0.023     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 83                                    |            | 0                     |            | 1   |                 | 116       | 28        | 47        |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |

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#### Common Measures:

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

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

Measure 3 = 57g: 1 drumstick, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05066

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

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**Common Measures:**

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

Measure 2 = 73g: 1 drumstick, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05072

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                          |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 2.940                                 |            | 0                        |               | 1              |                    | 0.735                              | 1.235     |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.310                                 |            | 0                        |               | 1              |                    | 0.078                              | 0.130     |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 2.570                                 |            | 0                        |               | 1              |                    | 0.643                              | 1.079     |           |
| 20:1.....g                               | 0.030                                 |            | 0                        |               | 1              |                    | 0.008                              | 0.013     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 4              |                    | 0.000                              | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 1.970                                 |            | 0                        |               | 1              |                    | 0.493                              | 0.827     |           |
| 18:2 undifferentiated.....g              | 1.640                                 |            | 0                        |               | 1              |                    | 0.410                              | 0.689     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0                        |               | 1              |                    | 0.020                              | 0.034     |           |
| 18:4.....g                               | 0.000                                 |            | 0                        |               | 1              |                    | 0.000                              | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0                        |               | 1              |                    | 0.030                              | 0.050     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                        |               | 1              |                    | 0.003                              | 0.004     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                        |               | 1              |                    | 0.008                              | 0.013     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                        |               | 1              |                    | 0.013                              | 0.021     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 94                                    |            | 0                        |               | 1              |                    | 24                                 | 39        |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |                                    |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |                                    |           |           |
| 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                     |                                       |            |                          |               |                |                    |                                    |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |                                    |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        |               | 7              |                    | 0.0                                | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |                                    |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |                                    |           |           |

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#### 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 17 (2004)



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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 66.74                                 | 0.405      | 16             |            | 1   |                 | 93.44     | 17.35     | 29.37     |
| Energy.....kcal                       | 172                                   |            | 0              | NC         | 4   |                 | 241       | 45        | 76        |
| Energy.....kj                         | 720                                   |            |                |            | 4   |                 | 1008      | 187       | 317       |
| Protein (N x 6.25).....g              | 28.29                                 | 0.299      | 16             |            | 1   |                 | 39.61     | 7.36      | 12.45     |
| Total lipid (fat).....g               | 5.66                                  | 0.126      | 16             |            | 1   |                 | 7.92      | 1.47      | 2.49      |
| Ash.....g                             | 1.05                                  | 0.044      | 16             |            | 1   |                 | 1.47      | 0.27      | 0.46      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 12                                    | 0.839      | 16             |            | 1   |                 | 17        | 3         | 5         |
| Iron, Fe.....mg                       | 1.30                                  | 0.039      | 16             |            | 1   |                 | 1.82      | 0.34      | 0.57      |
| Magnesium, Mg.....mg                  | 24                                    | 0.714      | 16             |            | 1   |                 | 34        | 6         | 11        |
| Phosphorus, P.....mg                  | 184                                   | 4.968      | 16             |            | 1   |                 | 258       | 48        | 81        |
| Potassium, K.....mg                   | 246                                   | 6.086      | 16             |            | 1   |                 | 344       | 64        | 108       |
| Sodium, Na.....mg                     | 95                                    | 2.237      | 16             |            | 1   |                 | 133       | 25        | 42        |
| Zinc, Zn.....mg                       | 3.18                                  | 0.062      | 16             |            | 1   |                 | 4.45      | 0.83      | 1.40      |
| Copper, Cu.....mg                     | 0.079                                 | 0.002      | 16             |            | 1   |                 | 0.111     | 0.021     | 0.035     |
| Manganese, Mn.....mg                  | 0.021                                 | 0.001      | 16             |            | 1   |                 | 0.029     | 0.005     | 0.009     |
| Selenium, Se.....mcg                  | 19.0                                  |            | 0              | BFYN       | 4   |                 | 26.6      | 4.9       | 8.4       |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.076                                 | 0.006      | 8              |            | 1   |                 | 0.106     | 0.020     | 0.033     |
| Riboflavin.....mg                     | 0.233                                 | 0.007      | 8              |            | 1   |                 | 0.326     | 0.061     | 0.103     |
| Niacin.....mg                         | 6.075                                 | 0.357      | 8              |            | 1   |                 | 8.505     | 1.580     | 2.673     |
| Pantothenic acid.....mg               | 1.305                                 |            | 0              |            | 1   |                 | 1.827     | 0.339     | 0.574     |
| Vitamin B-6.....mg                    | 0.390                                 |            | 0              |            | 1   |                 | 0.546     | 0.101     | 0.172     |
| Folate, total.....mcg                 | 9                                     |            | 0              |            | 1   |                 | 13        | 2         | 4         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 9                                     |            | 0              |            | 1   |                 | 13        | 2         | 4         |
| Folate, DFE.....mcg_DFE               | 9                                     |            | 0              | NC         | 4   |                 | 13        | 2         | 4         |
| Vitamin B-12.....mcg                  | 0.34                                  |            | 0              |            | 1   |                 | 0.48      | 0.09      | 0.15      |
| Vitamin A, IU.....IU                  | 60                                    |            | 0              |            | 1   |                 | 84        | 16        | 26        |
| Vitamin A, RAE.....mcg_RAE            | 18                                    |            | 0              | NC         | 4   |                 | 25        | 5         | 8         |
| Retinol.....mcg                       | 18                                    |            | 0              | NR         | 4   |                 | 25        | 5         | 8         |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   |                 | 0.37      | 0.07      | 0.12      |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 3.5                                   |            | 0              | BFSN       | 4   |                 | 4.9       | 0.9       | 1.6       |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 1.480                                 |            | 0              |            | 1   |                 | 2.072     | 0.385     | 0.651     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     |           |

NDB No. 05073

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

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

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

#### Common Measures:

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

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

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

**NDB No. 05073**

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

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**Chicken, broilers or fryers, drumstick, meat only, cooked, stewed**

| Nutrients and Units                   | <u>Amount in 100 grams of edible portion</u> |            |                |       |        |            | <u>Amount in edible portion of common measures of food</u> |           |           |
|---------------------------------------|--|------------|----------------|-------|--------|------------|--|-----------|-----------|
|                                       | Mean   | Std. Error | Number         | Deriv | Source | Confidence | Measure 1  | Measure 2 | Measure 3 |
|                                       |  |            | of Data Points | Code  | Code   | Code       |  |           |           |
| <b>Proximates:</b>                    |  |            |                |       |        |            |  |           |           |
| Water.....g                           | 67.58  | 0.401      | 16             |       | 1      |            | 108.13   | 18.92     | 31.09     |
| Energy.....kcal                       | 169  |            | 0              | NC    | 4      |            | 270  | 47        | 78        |
| Energy.....kj                         | 707  |            |                |       | 4      |            | 1131   | 198       | 325       |
| Protein (N x 6.25).....g              | 27.50  | 0.366      | 16             |       | 1      |            | 44.00  | 7.70      | 12.65     |
| Total lipid (fat).....g               | 5.71   | 0.158      | 16             |       | 1      |            | 9.14   | 1.60      | 2.63      |
| Ash.....g                             | 0.91   | 0.050      | 16             |       | 1      |            | 1.46   | 0.25      | 0.42      |
| Carbohydrate, by difference.....g     | 0.00   |            | 0              | Z     | 7      |            | 0.00   | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0  |            | 0              | Z     | 7      |            | 0.0  | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00   |            | 0              | Z     | 7      |            | 0.00   | 0.00      | 0.00      |
| Starch.....g                          |  |            |                |       |        |            |  |           |           |
| <b>Minerals:</b>                      |  |            |                |       |        |            |  |           |           |
| Calcium, Ca.....mg                    | 11   | 0.525      | 16             |       | 1      |            | 18   | 3         | 5         |
| Iron, Fe.....mg                       | 1.37   | 0.050      | 16             |       | 1      |            | 2.19   | 0.38      | 0.63      |
| Magnesium, Mg.....mg                  | 21   | 0.380      | 16             |       | 1      |            | 34   | 6         | 10        |
| Phosphorus, P.....mg                  | 150  | 3.598      | 16             |       | 1      |            | 240  | 42        | 69        |
| Potassium, K.....mg                   | 199  | 6.561      | 16             |       | 1      |            | 318  | 56        | 92        |
| Sodium, Na.....mg                     | 80   | 2.074      | 16             |       | 1      |            | 128  | 22        | 37        |
| Zinc, Zn.....mg                       | 3.02   | 0.089      | 16             |       | 1      |            | 4.83   | 0.85      | 1.39      |
| Copper, Cu.....mg                     | 0.077  | 0.001      | 16             |       | 1      |            | 0.123  | 0.022     | 0.035     |
| Manganese, Mn.....mg                  | 0.019  | 0.001      | 16             |       | 1      |            | 0.030  | 0.005     | 0.009     |
| Selenium, Se.....mcg                  | 18.0   |            | 0              | BFFYN | 4      |            | 28.8   | 5.0       | 8.3       |
| <b>Vitamins:</b>                      |  |            |                |       |        |            |  |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0  |            | 0              | Z     | 7      |            | 0.0  | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.054  | 0.004      | 8              |       | 1      |            | 0.086  | 0.015     | 0.025     |
| Riboflavin.....mg                     | 0.213  | 0.007      | 8              |       | 1      |            | 0.341  | 0.060     | 0.098     |
| Niacin.....mg                         | 4.300  | 0.256      | 8              |       | 1      |            | 6.880  | 1.204     | 1.978     |
| Pantothenic acid.....mg               | 0.961  |            | 0              |       | 1      |            | 1.538  | 0.269     | 0.442     |
| Vitamin B-6.....mg                    | 0.230  |            | 0              |       | 1      |            | 0.368  | 0.064     | 0.106     |
| Folate, total.....mcg                 | 8  |            | 0              |       | 1      |            | 13   | 2         | 4         |
| Folic acid.....mcg                    | 0  |            | 0              | Z     | 7      |            | 0  | 0         | 0         |
| Folate, food.....mcg                  | 8  |            | 0              |       | 1      |            | 13   | 2         | 4         |
| Folate, DFE.....mcg_DFE               | 8  |            | 0              | NC    | 4      |            | 13   | 2         | 4         |
| Vitamin B-12.....mcg                  | 0.24   |            | 0              |       | 1      |            | 0.38   | 0.07      | 0.11      |
| Vitamin A, IU.....IU                  | 57   |            | 0              | NC    | 4      |            | 91   | 16        | 26        |
| Vitamin A, RAE.....mcg_RAE            | 17   |            | 0              | NC    | 4      |            | 27   | 5         | 8         |
| Retinol.....mcg                       | 17   |            | 0              | NR    | 4      |            | 27   | 5         | 8         |
| Vitamin E (alpha-tocopherol).....mg   | 0.27   |            | 0              | NR    | 4      |            | 0.42   | 0.07      | 0.12      |
| Tocopherol, beta.....mg               |  |            |                |       |        |            |  |           |           |
| Tocopherol, gamma.....mg              |  |            |                |       |        |            |  |           |           |
| Tocopherol, delta.....mg              |  |            |                |       |        |            |  |           |           |
| Vitamin D.....IU                      |  |            |                |       |        |            |  |           |           |
| Vitamin K (phylloquinone).....mcg     | 3.4  |            | 0              | BFSN  | 4      |            | 5.5  | 1.0       | 1.6       |
| <b>Lipids:</b>                        |  |            |                |       |        |            |  |           |           |
| Fatty acids, total saturated.....g    | 1.510  |            | 0              |       | 1      |            | 2.416  | 0.423     | 0.695     |
| 4:0.....g                             | 0.000  |            | 0              |       | 1      |            | 0.000  | 0.000     | 0.000     |
| 6:0.....g                             | 0.000  |            | 0              |       | 1      |            | 0.000  | 0.000     | 0.000     |
| 8:0.....g                             | 0.000  |            | 0              |       | 1      |            | 0.000  | 0.000     | 0.000     |
| 10:0.....g                            | 0.000  |            | 0              |       | 1      |            | 0.000  | 0.000     | 0.000     |
| 12:0.....g                            | 0.020  |            | 0              |       | 1      |            | 0.032  | 0.006     | 0.009     |
| 13:0.....g                            |  |            |                |       |        |            |  |           |           |
| 14:0.....g                            | 0.040  |            | 0              |       | 1      |            | 0.064  | 0.011     | 0.018     |
| 15:0.....g                            |  |            |                |       |        |            |  |           |           |
| 16:0.....g                            | 1.030  |            | 0              |       | 1      |            | 1.648  | 0.288     | 0.474     |
| 17:0.....g                            |  |            |                |       |        |            |  |           |           |
| 18:0.....g                            | 0.380  |            | 0              |       | 1      |            | 0.608  | 0.106     | 0.175     |
| 20:0.....g                            |  |            |                | </    |        |            |  |           |           |

NDB No. 05074

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

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

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

#### Common Measures:

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

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

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

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

**Calories Factors:** Protein 4.27                      Fat 9.02                      Carbohydrate 3.87                      **Food Group:** 05 Poultry Products  
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**Chicken, broilers or fryers, drumstick, meat only, raw**

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 76.38                                 | 0.277      | 24                    |            | 1           |                 | 28.26   | 47.36     |           |
| Energy.....kcal                       | 119                                   |            | 0                     | NC         | 4           |                 | 44  | 74        |           |
| Energy.....kj                         | 498                                   |            |                       |            | 4           |                 | 184   | 309       |           |
| Protein (N x 6.25).....g              | 20.59                                 | 0.176      | 25                    |            | 1           |                 | 7.62  | 12.77     |           |
| Total lipid (fat).....g               | 3.42                                  | 0.121      | 24                    |            | 1           |                 | 1.27  | 2.12      |           |
| Ash.....g                             | 0.93                                  | 0.029      | 24                    |            | 1           |                 | 0.34  | 0.58      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 11                                    | 0.817      | 24                    |            | 1           |                 | 4   | 7         |           |
| Iron, Fe.....mg                       | 1.03                                  | 0.032      | 24                    |            | 1           |                 | 0.38  | 0.64      |           |
| Magnesium, Mg.....mg                  | 23                                    | 0.392      | 24                    |            | 1           |                 | 9   | 14        |           |
| Phosphorus, P.....mg                  | 166                                   | 3.468      | 24                    |            | 1           |                 | 61  | 103       |           |
| Potassium, K.....mg                   | 226                                   | 6.041      | 24                    |            | 1           |                 | 84  | 140       |           |
| Sodium, Na.....mg                     | 88                                    | 1.608      | 24                    |            | 1           |                 | 33  | 55        |           |
| Zinc, Zn.....mg                       | 2.21                                  | 0.031      | 24                    |            | 1           |                 | 0.82  | 1.37      |           |
| Copper, Cu.....mg                     | 0.063                                 | 0.001      | 24                    |            | 1           |                 | 0.023   | 0.039     |           |
| Manganese, Mn.....mg                  | 0.021                                 | 0.001      | 24                    |            | 1           |                 | 0.008   | 0.013     |           |
| Selenium, Se.....mcg                  | 13.5                                  | 1.936      | 4                     | A          | 1           |                 | 5.0   | 8.4       |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Thiamin.....mg                        | 0.082                                 | 0.004      | 16                    |            | 1           |                 | 0.030   | 0.051     |           |
| Riboflavin.....mg                     | 0.199                                 | 0.006      | 16                    |            | 1           |                 | 0.074   | 0.123     |           |
| Niacin.....mg                         | 5.778                                 | 0.202      | 16                    |            | 1           |                 | 2.138   | 3.582     |           |
| Pantothenic acid.....mg               | 1.287                                 |            | 0                     |            | 1           |                 | 0.476   | 0.798     |           |
| Vitamin B-6.....mg                    | 0.340                                 |            | 0                     |            | 1           |                 | 0.126   | 0.211     |           |
| Folate, total.....mcg                 | 10                                    |            | 0                     |            | 1           |                 | 4   | 6         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 10                                    |            | 0                     |            | 1           |                 | 4   | 6         |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0                     | NC         | 4           |                 | 4   | 6         |           |
| Vitamin B-12.....mcg                  | 0.37                                  |            | 0                     |            | 1           |                 | 0.14  | 0.23      |           |
| Vitamin A, IU.....IU                  | 57                                    |            | 0                     |            | 1           |                 | 21  | 35        |           |
| Vitamin A, RAE.....mcg_RAE            | 17                                    |            | 0                     |            | 1           |                 | 6   | 11        |           |
| Retinol.....mcg                       | 17                                    |            | 0                     | NC         | 4           |                 | 6   | 11        |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.31                                  |            | 0                     | NR         | 4           |                 | 0.12  | 0.19      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     | 2.9                                   |            | 0                     | BFYN       | 4           |                 | 1.1   | 1.8       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 0.860                                 |            | 0                     | NC         | 4           |                 | 0.318   | 0.533     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.020                                 | 0.003      | 17                    |            | 1           |                 | 0.007   | 0.012     |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.020                                 | 0.002      | 24                    |            | 1           |                 | 0.007   | 0.012     |           |
| 15:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....g                            | 0.590                                 | 0.025      | 24                    |            | 1           |                 | 0.218   | 0.366     |           |
| 17:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 18:0.....g                            | 0.230                                 | 0.014      | 24                    |            | 1           |                 | 0.085   | 0.143     |           |
| 20:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |

NDB No. 05071

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

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

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

**Common Measures:**

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

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



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

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

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

**Common Measures:**

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

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

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, giblets, cooked, simmered**

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

NDB No. 05022

Chicken, broilers or fryers, giblets, cooked, simmered

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

NDB No. 05022

Chicken, broilers or fryers, giblets, cooked, simmered

| Nutrients and Units         | <u>Amount in 100 grams of edible portion</u> |            |                             |               |                |                    | <u>Amount in edible portion of common</u> |           |           |
|-----------------------------|--|------------|-----------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|                             | Mean   | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | <u>measures of food</u>                   |           |           |
|                             |  |            |                             |               |                |                    | Measure 1                                 | Measure 2 | Measure 3 |
| Lycopene.....mcg            | 12   |            | 0                           | PAE           | 4              |                    | 16.694                                    |           |           |
| Lutein + zeaxanthin.....mcg | 37   |            | 0                           | PIE           | 4              |                    | 53.257                                    |           |           |

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

**Common Measures:**

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

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, giblets, raw**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 10                                    |            | 0                     |            | 1   |                 | 2         | 8         |           |
| Iron, Fe.....mg                       | 5.86                                  |            | 0                     |            | 1   |                 | 1.35      | 4.40      |           |
| Magnesium, Mg.....mg                  | 18                                    |            | 0                     |            | 1   |                 | 4         | 14        |           |
| Phosphorus, P.....mg                  | 197                                   |            | 0                     |            | 1   |                 | 45        | 148       |           |
| Potassium, K.....mg                   | 228                                   |            | 0                     |            | 1   |                 | 52        | 171       |           |
| Sodium, Na.....mg                     | 77                                    |            | 0                     |            | 1   |                 | 18        | 58        |           |
| Zinc, Zn.....mg                       | 3.32                                  |            | 0                     |            | 1   |                 | 0.76      | 2.49      |           |
| Copper, Cu.....mg                     | 0.243                                 |            | 0                     |            | 1   |                 | 0.056     | 0.182     |           |
| Manganese, Mn.....mg                  | 0.149                                 |            | 0                     |            | 1   |                 | 0.034     | 0.112     |           |
| Selenium, Se.....mcg                  | 55.2                                  |            | 0                     | PIE        | 4   |                 | 12.7      | 41.4      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 16.2                                  |            | 0                     |            | 1   |                 | 3.7       | 12.2      |           |
| Thiamin.....mg                        | 0.088                                 |            | 0                     |            | 1   |                 | 0.020     | 0.066     |           |
| Riboflavin.....mg                     | 0.987                                 |            | 0                     |            | 1   |                 | 0.227     | 0.740     |           |
| Niacin.....mg                         | 6.662                                 |            | 0                     |            | 1   |                 | 1.532     | 4.997     |           |
| Pantothenic acid.....mg               | 3.208                                 |            | 0                     |            | 1   |                 | 0.738     | 2.406     |           |
| Vitamin B-6.....mg                    | 0.420                                 |            | 0                     |            | 1   |                 | 0.097     | 0.315     |           |
| Folate, total.....mcg                 | 345                                   |            | 0                     |            | 1   |                 | 79        | 259       |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 345                                   |            | 0                     |            | 1   |                 | 79        | 259       |           |
| Folate, DFE.....mcg_DFE               | 345                                   |            | 0                     | NC         | 4   |                 | 79        | 259       |           |
| Vitamin B-12.....mcg                  | 11.41                                 |            | 0                     |            | 1   |                 | 2.62      | 8.56      |           |
| Vitamin A, IU.....IU                  | 8847                                  |            | 0                     |            | 1   |                 | 2035      | 6635      |           |
| Vitamin A, RAE.....mcg_RAE            | 2657                                  |            | 0                     |            | 1   |                 | 611       | 1993      |           |
| Retinol.....mcg                       | 2657                                  |            | 0                     |            | 1   |                 | 611       | 1993      |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |           |

NDB No. 05020

Chicken, broilers or fryers, giblets, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               | Amount in edible portion of common measures of food |                    |           |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|---|--------------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code                                      | Confidence<br>Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                             |               |   |                    |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.120                                 |            | 0                           |               | 1   |                    | 0.258     | 0.840     |           |
| 14:1.....g                               |                                       |            |                             |               |   |                    |           |           |           |
| 15:1.....g                               |                                       |            |                             |               |   |                    |           |           |           |
| 16:1 undifferentiated.....g              | 0.160                                 |            | 0                           |               | 1   |                    | 0.037     | 0.120     |           |
| 17:1.....g                               |                                       |            |                             |               |   |                    |           |           |           |
| 18:1 undifferentiated.....g              | 0.950                                 |            | 0                           |               | 1   |                    | 0.219     | 0.713     |           |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1   |                    | 0.002     | 0.008     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                           |               | 1   |                    | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                             |               |   |                    |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.090                                 |            | 0                           |               | 1   |                    | 0.251     | 0.818     |           |
| 18:2 undifferentiated.....g              | 0.750                                 |            | 0                           |               | 1   |                    | 0.173     | 0.563     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0                           |               | 1   |                    | 0.007     | 0.023     |           |
| 18:4.....g                               | 0.000                                 |            | 0                           |               | 1   |                    | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |   |                    |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |   |                    |           |           |           |
| 20:4 undifferentiated.....g              | 0.270                                 |            | 0                           |               | 1   |                    | 0.062     | 0.203     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                           |               | 1   |                    | 0.002     | 0.008     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 1   |                    | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                           |               | 1   |                    | 0.005     | 0.015     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |   |                    |           |           |           |
| Cholesterol.....mg                       | 262                                   |            | 0                           |               | 1   |                    | 60        | 197       |           |
| Phytosterols.....mg                      |                                       |            |                             |               |   |                    |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                             |               |   |                    |           |           |           |
| 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                     |                                       |            |                             |               |   |                    |           |           |           |
| <b>Others:</b>                           |                                       |            |                             |               |   |                    |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                           |               | 7   |                    | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                             |               |   |                    |           |           |           |
| Theobromine.....mg                       |                                       |            |                             |               |   |                    |           |           |           |

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

**Common Measures:**

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

Measure 2 = 75g: 1 giblets

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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

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

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

**Common Measures:**

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

Measure 2 = 158g: 1 leg, bone removed

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05077

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

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

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

#### Common Measures:

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

Measure 2 = 112g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05078

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

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

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#### Common Measures:

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

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

Measure 3 = 114g: 1 leg, bone removed

**NDB No. 05078**

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |           |           |           |                 |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|-----------------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Measure 1 | Measure 2 | Measure 3 |                 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           | Confidence Code |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |                 |
| Water.....g                           | 64.01                                 | 0.524      | 16             |            | 1   | 89.61     | 48.01     | 80.01     |                 |
| Energy.....kcal                       | 220                                   |            | 0              | NC         | 4   | 308       | 165       | 275       |                 |
| Energy.....kj                         | 920                                   |            |                |            | 4   | 1289      | 690       | 1151      |                 |
| Protein (N x 6.25).....g              | 24.17                                 | 0.253      | 16             |            | 1   | 33.84     | 18.13     | 30.21     |                 |
| Total lipid (fat).....g               | 12.92                                 | 0.192      | 16             |            | 1   | 18.09     | 9.69      | 16.15     |                 |
| Ash.....g                             | 0.79                                  | 0.028      | 16             |            | 1   | 1.11      | 0.59      | 0.99      |                 |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      | 0.00      |                 |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       | 0.0       |                 |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      | 0.00      |                 |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |                 |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |                 |
| Calcium, Ca.....mg                    | 11                                    | 0.462      | 16             |            | 1   | 15        | 8         | 14        |                 |
| Iron, Fe.....mg                       | 1.35                                  | 0.056      | 16             |            | 1   | 1.89      | 1.01      | 1.69      |                 |
| Magnesium, Mg.....mg                  | 20                                    | 0.366      | 16             |            | 1   | 28        | 15        | 25        |                 |
| Phosphorus, P.....mg                  | 139                                   | 2.472      | 16             |            | 1   | 195       | 104       | 174       |                 |
| Potassium, K.....mg                   | 176                                   | 6.453      | 16             |            | 1   | 246       | 132       | 220       |                 |
| Sodium, Na.....mg                     | 73                                    | 1.949      | 16             |            | 1   | 102       | 55        | 91        |                 |
| Zinc, Zn.....mg                       | 2.43                                  | 0.040      | 16             |            | 1   | 3.40      | 1.82      | 3.04      |                 |
| Copper, Cu.....mg                     | 0.071                                 | 0.001      | 16             |            | 1   | 0.099     | 0.053     | 0.089     |                 |
| Manganese, Mn.....mg                  | 0.019                                 | 0.001      | 16             |            | 1   | 0.027     | 0.014     | 0.024     |                 |
| Selenium, Se.....mcg                  | 18.9                                  |            | 0              | BFYN       | 4   | 26.5      | 14.2      | 23.6      |                 |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |                 |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       | 0.0       |                 |
| Thiamin.....mg                        | 0.054                                 | 0.003      | 8              |            | 1   | 0.076     | 0.041     | 0.068     |                 |
| Riboflavin.....mg                     | 0.191                                 | 0.005      | 8              |            | 1   | 0.267     | 0.143     | 0.239     |                 |
| Niacin.....mg                         | 4.590                                 | 0.199      | 8              |            | 1   | 6.426     | 3.443     | 5.738     |                 |
| Pantothenic acid.....mg               | 0.812                                 |            | 0              |            | 1   | 1.137     | 0.609     | 1.015     |                 |
| Vitamin B-6.....mg                    | 0.180                                 |            | 0              |            | 1   | 0.252     | 0.135     | 0.225     |                 |
| Folate, total.....mcg                 | 6                                     |            | 0              |            | 1   | 8         | 5         | 8         |                 |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         | 0         |                 |
| Folate, food.....mcg                  | 6                                     |            | 0              |            | 1   | 8         | 5         | 8         |                 |
| Folate, DFE.....mcg_DFE               | 6                                     |            | 0              | NC         | 4   | 8         | 5         | 8         |                 |
| Vitamin B-12.....mcg                  | 0.20                                  |            | 0              |            | 1   | 0.28      | 0.15      | 0.25      |                 |
| Vitamin A, IU.....IU                  | 120                                   |            | 0              | NC         | 4   | 168       | 90        | 150       |                 |
| Vitamin A, RAE.....mcg_RAE            | 36                                    |            | 0              | NC         | 4   | 50        | 27        | 45        |                 |
| Retinol.....mcg                       | 36                                    |            | 0              | NR         | 4   | 50        | 27        | 45        |                 |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   | 0.37      | 0.20      | 0.33      |                 |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |                 |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |                 |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |                 |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |                 |
| Vitamin K (phylloquinone).....mcg     | 3.5                                   |            | 0              | BFSN       | 4   | 4.9       | 2.6       | 4.4       |                 |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |                 |
| Fatty acids, total saturated.....g    | 3.570                                 |            | 0              |            | 1   | 4.998     | 2.678     | 4.463     |                 |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   | 0.000     | 0.000     | 0.000     |                 |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   | 0.000     | 0.000     | 0.000     |                 |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   | 0.000     | 0.000     | 0.000     |                 |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1   | 0.000     | 0.000     | 0.000     |                 |
| 12:0.....g                            | 0.030                                 |            | 0              |            | 1   | 0.042     | 0.023     | 0.038     |                 |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |                 |
| 14:0.....g                            | 0.100                                 |            | 0              |            | 1   | 0.140     | 0.075     | 0.125     |                 |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |                 |
| 16:0.....g                            | 2.600                                 |            | 0              |            | 1   | 3.640     | 1.950     | 3.250     |                 |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |                 |
| 18:0.....g                            | 0.740                                 |            | 0              |            | 1   | 1.036     | 0.555     | 0.925     |                 |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |                 |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |                 |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |                 |



NDB No. 05079

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |  |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|--|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code |  |
|  |                                       |            |                       |            |   |                 |  |
|  |                                       |            |                       |            |   |                 |  |
| Fatty acids, total monounsaturated.....g | 5.040                                 |            | 0                     |            | 1   |                 |  |
| 14:1.....g                               |                                       |            |                       |            |   |                 |  |
| 15:1.....g                               |                                       |            |                       |            |   |                 |  |
| 16:1 undifferentiated.....g              | 0.700                                 |            | 0                     |            | 1   |                 |  |
| 17:1.....g                               |                                       |            |                       |            |   |                 |  |
| 18:1 undifferentiated.....g              | 4.160                                 |            | 0                     |            | 1   |                 |  |
| 20:1.....g                               | 0.120                                 |            | 0                     |            | 1   |                 |  |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |  |
| Fatty acids, total polyunsaturated.....g | 2.870                                 |            | 0                     |            | 1   |                 |  |
| 18:2 undifferentiated.....g              | 2.490                                 |            | 0                     |            | 1   |                 |  |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1   |                 |  |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |  |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |  |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 1   |                 |  |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 |  |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 |  |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 |  |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |  |
| Cholesterol.....mg                       | 84                                    |            | 0                     |            | 1   |                 |  |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |  |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |  |
| Tryptophan.....g                         | 0.271                                 |            | 0                     |            | 1   |                 |  |
| Threonine.....g                          | 1.002                                 |            | 0                     |            | 1   |                 |  |
| Isoleucine.....g                         | 1.216                                 |            | 0                     |            | 1   |                 |  |
| Leucine.....g                            | 1.766                                 |            | 0                     |            | 1   |                 |  |
| Lysine.....g                             | 1.979                                 |            | 0                     |            | 1   |                 |  |
| Methionine.....g                         | 0.646                                 |            | 0                     |            | 1   |                 |  |
| Cystine.....g                            | 0.321                                 |            | 0                     |            | 1   |                 |  |
| Phenylalanine.....g                      | 0.942                                 |            | 0                     |            | 1   |                 |  |
| Tyrosine.....g                           | 0.784                                 |            | 0                     |            | 1   |                 |  |
| Valine.....g                             | 1.177                                 |            | 0                     |            | 1   |                 |  |
| Arginine.....g                           | 1.507                                 |            | 0                     |            | 1   |                 |  |
| Histidine.....g                          | 0.715                                 |            | 0                     |            | 1   |                 |  |
| Alanine.....g                            | 1.397                                 |            | 0                     |            | 1   |                 |  |
| Aspartic acid.....g                      | 2.155                                 |            | 0                     |            | 1   |                 |  |
| Glutamic acid.....g                      | 3.545                                 |            | 0                     |            | 1   |                 |  |
| Glycine.....g                            | 1.511                                 |            | 0                     |            | 1   |                 |  |
| Proline.....g                            | 1.147                                 |            | 0                     |            | 1   |                 |  |
| Serine.....g                             | 0.850                                 |            | 0                     |            | 1   |                 |  |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |  |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |  |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 |  |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 |  |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |  |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |

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

#### Common Measures:

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

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

Measure 3 = 125g: 1 leg, bone removed

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

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05075

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

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

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

**Common Measures:**

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

Measure 2 = 167g: 1 leg, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05081

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, leg, meat only, cooked, roasted**

**Refuse:** 41% Bone 29%, skin 12%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 64.70                                 | 0.374      | 16             |            | 1           |   | 90.58     | 36.88     | 61.47     |
| Energy.....kcal                       | 191                                   |            | 0              | NC         | 4           |   | 267       | 109       | 181       |
| Energy.....kj                         | 799                                   |            |                |            | 4           |   | 1119      | 456       | 759       |
| Protein (N x 6.25).....g              | 27.03                                 | 0.271      | 16             |            | 1           |   | 37.84     | 15.41     | 25.68     |
| Total lipid (fat).....g               | 8.43                                  | 0.128      | 16             |            | 1           |   | 11.80     | 4.81      | 8.01      |
| Ash.....g                             | 1.00                                  | 0.033      | 16             |            | 1           |   | 1.40      | 0.57      | 0.95      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 12                                    | 0.786      | 16             |            | 1           |   | 17        | 7         | 11        |
| Iron, Fe.....mg                       | 1.31                                  | 0.038      | 16             |            | 1           |   | 1.83      | 0.75      | 1.24      |
| Magnesium, Mg.....mg                  | 24                                    | 0.518      | 16             |            | 1           |   | 34        | 14        | 23        |
| Phosphorus, P.....mg                  | 183                                   | 4.300      | 16             |            | 1           |   | 256       | 104       | 174       |
| Potassium, K.....mg                   | 242                                   | 5.736      | 16             |            | 1           |   | 339       | 138       | 230       |
| Sodium, Na.....mg                     | 91                                    | 1.820      | 16             |            | 1           |   | 127       | 52        | 86        |
| Zinc, Zn.....mg                       | 2.86                                  | 0.046      | 16             |            | 1           |   | 4.00      | 1.63      | 2.72      |
| Copper, Cu.....mg                     | 0.080                                 | 0.002      | 16             |            | 1           |   | 0.112     | 0.046     | 0.076     |
| Manganese, Mn.....mg                  | 0.021                                 | 0.000      | 16             |            | 1           |   | 0.029     | 0.012     | 0.020     |
| Selenium, Se.....mcg                  | 22.1                                  |            | 0              | BFYN       | 4           |   | 30.9      | 12.6      | 21.0      |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.075                                 | 0.007      | 8              |            | 1           |   | 0.105     | 0.043     | 0.071     |
| Riboflavin.....mg                     | 0.232                                 | 0.007      | 8              |            | 1           |   | 0.325     | 0.132     | 0.220     |
| Niacin.....mg                         | 6.319                                 | 0.464      | 8              |            | 1           |   | 8.847     | 3.602     | 6.003     |
| Pantothenic acid.....mg               | 1.241                                 |            | 0              |            | 1           |   | 1.737     | 0.707     | 1.179     |
| Vitamin B-6.....mg                    | 0.370                                 |            | 0              |            | 1           |   | 0.518     | 0.211     | 0.352     |
| Folate, total.....mcg                 | 8                                     |            | 0              |            | 1           |   | 11        | 5         | 8         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Folate, food.....mcg                  | 8                                     |            | 0              |            | 1           |   | 11        | 5         | 8         |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0              | NC         | 4           |   | 11        | 5         | 8         |
| Vitamin B-12.....mcg                  | 0.32                                  |            | 0              |            | 1           |   | 0.45      | 0.18      | 0.30      |
| Vitamin A, IU.....IU                  | 63                                    |            | 0              | NC         | 4           |   | 89        | 36        | 60        |
| Vitamin A, RAE.....mcg_RAE            | 19                                    |            | 0              | NC         | 4           |   | 27        | 11        | 18        |
| Retinol.....mcg                       | 19                                    |            | 0              | NR         | 4           |   | 27        | 11        | 18        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4           |   | 0.37      | 0.15      | 0.25      |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 3.7                                   |            | 0              | BFSN       | 4           |   | 5.2       | 2.1       | 3.6       |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 2.290                                 |            | 0              |            | 1           |   | 3.206     | 1.305     | 2.176     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.017     | 0.029     |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.060                                 |            | 0              |            | 1           |   | 0.084     | 0.034     | 0.057     |
| 15:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 16:0.....g                            | 1.590                                 |            | 0              |            | 1           |   | 2.226     | 0.906     | 1.511     |
| 17:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 18:0.....g                            | 0.540                                 |            | 0              |            | 1           |   | 0.756     | 0.308     | 0.513     |
| 20:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |



NDB No. 05082

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

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

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

#### Common Measures:

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

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 66.44                                 | 0.341      | 16             |            | 1   |                 | 106.30    | 39.86     | 67.10     |
| Energy.....kcal                       | 185                                   |            | 0              | NC         | 4   |                 | 296       | 111       | 187       |
| Energy.....kj                         | 774                                   |            |                |            | 4   |                 | 1238      | 464       | 782       |
| Protein (N x 6.25).....g              | 26.26                                 | 0.228      | 16             |            | 1   |                 | 42.02     | 15.76     | 26.52     |
| Total lipid (fat).....g               | 8.06                                  | 0.117      | 16             |            | 1   |                 | 12.90     | 4.84      | 8.14      |
| Ash.....g                             | 0.88                                  | 0.034      | 16             |            | 1   |                 | 1.41      | 0.53      | 0.89      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 11                                    | 0.553      | 16             |            | 1   |                 | 18        | 7         | 11        |
| Iron, Fe.....mg                       | 1.40                                  | 0.064      | 16             |            | 1   |                 | 2.24      | 0.84      | 1.41      |
| Magnesium, Mg.....mg                  | 21                                    | 0.433      | 16             |            | 1   |                 | 34        | 13        | 21        |
| Phosphorus, P.....mg                  | 149                                   | 2.983      | 16             |            | 1   |                 | 238       | 89        | 150       |
| Potassium, K.....mg                   | 190                                   | 6.604      | 16             |            | 1   |                 | 304       | 114       | 192       |
| Sodium, Na.....mg                     | 78                                    | 2.300      | 16             |            | 1   |                 | 125       | 47        | 79        |
| Zinc, Zn.....mg                       | 2.78                                  | 0.048      | 16             |            | 1   |                 | 4.45      | 1.67      | 2.81      |
| Copper, Cu.....mg                     | 0.077                                 | 0.001      | 16             |            | 1   |                 | 0.123     | 0.046     | 0.078     |
| Manganese, Mn.....mg                  | 0.019                                 | 0.001      | 16             |            | 1   |                 | 0.030     | 0.011     | 0.019     |
| Selenium, Se.....mcg                  | 26.5                                  |            | 0              | BFYN       | 4   |                 | 42.4      | 15.9      | 26.8      |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.059                                 | 0.003      | 8              |            | 1   |                 | 0.094     | 0.035     | 0.060     |
| Riboflavin.....mg                     | 0.216                                 | 0.006      | 8              |            | 1   |                 | 0.346     | 0.130     | 0.218     |
| Niacin.....mg                         | 4.798                                 | 0.224      | 8              |            | 1   |                 | 7.677     | 2.879     | 4.846     |
| Pantothenic acid.....mg               | 0.913                                 |            | 0              |            | 1   |                 | 1.461     | 0.548     | 0.922     |
| Vitamin B-6.....mg                    | 0.210                                 |            | 0              |            | 1   |                 | 0.336     | 0.126     | 0.212     |
| Folate, total.....mcg                 | 8                                     |            | 0              |            | 1   |                 | 13        | 5         | 8         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 8                                     |            | 0              |            | 1   |                 | 13        | 5         | 8         |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0              | NC         | 4   |                 | 13        | 5         | 8         |
| Vitamin B-12.....mcg                  | 0.23                                  |            | 0              |            | 1   |                 | 0.37      | 0.14      | 0.23      |
| Vitamin A, IU.....IU                  | 60                                    |            | 0              |            | 1   |                 | 96        | 36        | 61        |
| Vitamin A, RAE.....mcg_RAE            | 18                                    |            | 0              | NC         | 4   |                 | 29        | 11        | 18        |
| Retinol.....mcg                       | 18                                    |            | 0              | NR         | 4   |                 | 29        | 11        | 18        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   |                 | 0.42      | 0.16      | 0.27      |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 3.6                                   |            | 0              | BFSN       | 4   |                 | 5.7       | 2.1       | 3.6       |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 2.200                                 |            | 0              |            | 1   |                 | 3.520     | 1.320     | 2.222     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.030                                 |            | 0              |            | 1   |                 | 0.048     | 0.018     | 0.030     |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.060                                 |            | 0              |            | 1   |                 | 0.096     | 0.036     | 0.061     |
| 15:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 16:0.....g                            | 1.520                                 |            | 0              |            | 1   |                 | 2.432     | 0.912     | 1.535     |
| 17:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 18:0.....g                            | 0.520                                 |            | 0              |            | 1   |                 | 0.832     | 0.312     | 0.525     |
| 20:0.....g                            |                                       |            |                |            |   |                 |           |           |           |

NDB No. 05083

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

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

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#### Common Measures:

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

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

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

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

**Calories Factors:** Protein 4.27                      Fat 9.02                      Carbohydrate 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05080

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

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

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

**Common Measures:**

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05030

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

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

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#### 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 17 (2004)

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

**Refuse: 28% Bone**

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

NDB No. 05031

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

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

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

#### Common Measures:

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

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

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

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

**Food Group:** 05 Poultry Products

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NDB No. 05032

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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NDB No. 05033

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total monounsaturated.....g | 3.920                                 |            | 0                        |               | 1              |                    | 3.528   | 5.880     |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 0.530                                 |            | 0                        |               | 1              |                    | 0.477   | 0.795     |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 3.230                                 |            | 0                        |               | 1              |                    | 2.907   | 4.845     |           |
| 20:1.....g                               | 0.110                                 |            | 0                        |               | 1              |                    | 0.099   | 0.165     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.120                                 |            | 0                        |               | 1              |                    | 1.908   | 3.180     |           |
| 18:2 undifferentiated.....g              | 1.830                                 |            | 0                        |               | 1              |                    | 1.647   | 2.745     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0                        |               | 1              |                    | 0.072   | 0.120     |           |
| 18:4.....g                               | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0                        |               | 1              |                    | 0.072   | 0.120     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                        |               | 1              |                    | 0.009   | 0.015     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1              |                    | 0.018   | 0.030     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                        |               | 1              |                    | 0.027   | 0.045     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 74                                    |            | 0                        |               | 1              |                    | 67  | 111       |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| 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                     |                                       |            |                          |               |                |                    |   |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        |               | 7              |                    | 0.0   | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |   |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |   |           |           |

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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NDB No. 05029

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05040

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

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

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

#### Common Measures:

Measure 1 = 140g: 1 cup

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, light meat, meat only, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 64.76                                 | 0.373      | 16             |            | 1   |                 | 90.66     | 41.45     | 69.29     |
| Energy.....kcal                       | 173                                   |            | 0              | NC         | 4   |                 | 242       | 111       | 185       |
| Energy.....kj                         | 724                                   |            |                |            | 4   |                 | 1013      | 463       | 775       |
| Protein (N x 6.25).....g              | 30.91                                 | 0.345      | 16             |            | 1   |                 | 43.27     | 19.78     | 33.07     |
| Total lipid (fat).....g               | 4.51                                  | 0.211      | 16             |            | 1   |                 | 6.31      | 2.89      | 4.83      |
| Ash.....g                             | 1.02                                  | 0.031      | 16             |            | 1   |                 | 1.43      | 0.65      | 1.09      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 15                                    | 0.721      | 16             |            | 1   |                 | 21        | 10        | 16        |
| Iron, Fe.....mg                       | 1.06                                  | 0.055      | 16             |            | 1   |                 | 1.48      | 0.68      | 1.13      |
| Magnesium, Mg.....mg                  | 27                                    | 0.501      | 16             |            | 1   |                 | 38        | 17        | 29        |
| Phosphorus, P.....mg                  | 216                                   | 6.156      | 16             |            | 1   |                 | 302       | 138       | 231       |
| Potassium, K.....mg                   | 247                                   | 6.810      | 16             |            | 1   |                 | 346       | 158       | 264       |
| Sodium, Na.....mg                     | 77                                    | 2.804      | 16             |            | 1   |                 | 108       | 49        | 82        |
| Zinc, Zn.....mg                       | 1.23                                  | 0.028      | 16             |            | 1   |                 | 1.72      | 0.79      | 1.32      |
| Copper, Cu.....mg                     | 0.050                                 | 0.002      | 16             |            | 1   |                 | 0.070     | 0.032     | 0.054     |
| Manganese, Mn.....mg                  | 0.017                                 | 0.001      | 16             |            | 1   |                 | 0.024     | 0.011     | 0.018     |
| Selenium, Se.....mcg                  | 24.4                                  |            | 0              | BFYN       | 4   |                 | 34.2      | 15.6      | 26.1      |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.065                                 | 0.005      | 8              |            | 1   |                 | 0.091     | 0.042     | 0.070     |
| Riboflavin.....mg                     | 0.116                                 | 0.007      | 8              |            | 1   |                 | 0.162     | 0.074     | 0.124     |
| Niacin.....mg                         | 12.421                                | 0.681      | 8              |            | 1   |                 | 17.389    | 7.949     | 13.290    |
| Pantothenic acid.....mg               | 0.972                                 |            | 0              |            | 1   |                 | 1.361     | 0.622     | 1.040     |
| Vitamin B-6.....mg                    | 0.600                                 |            | 0              |            | 1   |                 | 0.840     | 0.384     | 0.642     |
| Folate, total.....mcg                 | 4                                     |            | 0              |            | 1   |                 | 6         | 3         | 4         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 4                                     |            | 0              |            | 1   |                 | 6         | 3         | 4         |
| Folate, DFE.....mcg_DFE               | 4                                     |            | 0              | NC         | 4   |                 | 6         | 3         | 4         |
| Vitamin B-12.....mcg                  | 0.34                                  |            | 0              |            | 1   |                 | 0.48      | 0.22      | 0.36      |
| Vitamin A, IU.....IU                  | 30                                    |            | 0              | NC         | 4   |                 | 42        | 19        | 32        |
| Vitamin A, RAE.....mcg_RAE            | 9                                     |            | 0              | NC         | 4   |                 | 13        | 6         | 10        |
| Retinol.....mcg                       | 9                                     |            | 0              | NR         | 4   |                 | 13        | 6         | 10        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   |                 | 0.37      | 0.17      | 0.28      |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.3                                   |            | 0              | BFZN       | 4   |                 | 0.4       | 0.2       | 0.3       |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 1.270                                 |            | 0              |            | 1   |                 | 1.778     | 0.813     | 1.359     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1   |                 | 0.014     | 0.006     | 0.011     |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.040                                 |            | 0              |            | 1   |                 | 0.056     | 0.026     | 0.043     |
| 15:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 16:0.....g                            | 0.870                                 |            | 0              |            | 1   |                 | 1.218     | 0.557     | 0.931     |
| 17:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 18:0.....g                            | 0.320                                 |            | 0              |            | 1   |                 | 0.448     | 0.205     | 0.342     |
| 20:0.....g                            |                                       |            |                |            |   |                 |           |           |           |

NDB No. 05041

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

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

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

#### Common Measures:

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

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

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



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05042

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

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

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

#### Common Measures:

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

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

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

**NDB No. 05042**

**Chicken, broilers or fryers, light meat, meat only, cooked, stewed**

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

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NDB No. 05039

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

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05002

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

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

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

#### Common Measures:

Measure 1 = 1028g: 1 chicken

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

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

#### Common Measures:

Measure 1 = 708g: 1 chicken

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

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

**Common Measures:**

Measure 1 = 1046g: 1 chicken

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, meat and skin and giblets and neck, roasted**[illegible]

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

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#### Common Measures:

Measure 1 = 682g: 1 chicken

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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

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

#### Common Measures:

Measure 1 = 751g: 1 chicken

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05007

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

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

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

#### Common Measures:

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

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

**NDB No. 05007**

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse: 29% Bone**

[illegible]

NDB No. 05008

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

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

**Refuse: 33% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 59.45                                 | 0.432      | 16             |            | 1           |   | 83.23     | 105.82    | 177.76    |
| Energy.....kcal                       | 239                                   |            | 0              | NC         | 4           |   | 335       | 425       | 715       |
| Energy.....kj                         | 1000                                  |            |                |            | 4           |   | 1400      | 1780      | 2990      |
| Protein (N x 6.25).....g              | 27.30                                 | 0.276      | 16             |            | 1           |   | 38.22     | 48.59     | 81.63     |
| Total lipid (fat).....g               | 13.60                                 | 0.294      | 16             |            | 1           |   | 19.04     | 24.21     | 40.66     |
| Ash.....g                             | 0.92                                  | 0.022      | 16             |            | 1           |   | 1.29      | 1.64      | 2.75      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 15                                    | 0.531      | 16             |            | 1           |   | 21        | 27        | 45        |
| Iron, Fe.....mg                       | 1.26                                  | 0.050      | 16             |            | 1           |   | 1.76      | 2.24      | 3.77      |
| Magnesium, Mg.....mg                  | 23                                    | 0.406      | 16             |            | 1           |   | 32        | 41        | 69        |
| Phosphorus, P.....mg                  | 182                                   | 3.892      | 16             |            | 1           |   | 255       | 324       | 544       |
| Potassium, K.....mg                   | 223                                   | 5.230      | 16             |            | 1           |   | 312       | 397       | 667       |
| Sodium, Na.....mg                     | 82                                    | 1.881      | 16             |            | 1           |   | 115       | 146       | 245       |
| Zinc, Zn.....mg                       | 1.94                                  | 0.034      | 16             |            | 1           |   | 2.72      | 3.45      | 5.80      |
| Copper, Cu.....mg                     | 0.066                                 | 0.002      | 16             |            | 1           |   | 0.092     | 0.117     | 0.197     |
| Manganese, Mn.....mg                  | 0.020                                 | 0.000      | 16             |            | 1           |   | 0.028     | 0.036     | 0.060     |
| Selenium, Se.....mcg                  | 23.9                                  | 1.623      | 30             | A          | 1           |   | 33.5      | 42.5      | 71.5      |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.063                                 | 0.005      | 8              |            | 1           |   | 0.088     | 0.112     | 0.188     |
| Riboflavin.....mg                     | 0.168                                 | 0.003      | 8              |            | 1           |   | 0.235     | 0.299     | 0.502     |
| Niacin.....mg                         | 8.487                                 | 0.485      | 8              |            | 1           |   | 11.882    | 15.107    | 25.376    |
| Pantothenic acid.....mg               | 1.030                                 |            | 0              |            | 1           |   | 1.442     | 1.833     | 3.080     |
| Vitamin B-6.....mg                    | 0.400                                 |            | 0              |            | 1           |   | 0.560     | 0.712     | 1.196     |
| Folate, total.....mcg                 | 5                                     |            | 0              |            | 1           |   | 7         | 9         | 15        |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Folate, food.....mcg                  | 5                                     |            | 0              |            | 1           |   | 7         | 9         | 15        |
| Folate, DFE.....mcg_DFE               | 5                                     |            | 0              | NC         | 4           |   | 7         | 9         | 15        |
| Vitamin B-12.....mcg                  | 0.30                                  |            | 0              |            | 1           |   | 0.42      | 0.53      | 0.90      |
| Vitamin A, IU.....IU                  | 157                                   |            | 0              | NC         | 4           |   | 219       | 279       | 468       |
| Vitamin A, RAE.....mcg_RAE            | 47                                    |            | 0              | NC         | 4           |   | 66        | 84        | 141       |
| Retinol.....mcg                       | 47                                    |            | 0              | NR         | 4           |   | 66        | 84        | 141       |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4           |   | 0.37      | 0.47      | 0.79      |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 2.4                                   |            | 0              | BFZN       | 4           |   | 3.3       | 4.2       | 7.1       |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 3.790                                 |            | 0              |            | 1           |   | 5.306     | 6.746     | 11.332    |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.020                                 |            | 0              |            | 1           |   | 0.028     | 0.036     | 0.060     |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.110                                 |            | 0              |            | 1           |   | 0.154     | 0.196     | 0.329     |
| 15:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 16:0.....g                            | 2.780                                 |            | 0              |            | 1           |   | 3.892     | 4.948     | 8.312     |
| 17:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 18:0.....g                            | 0.770                                 |            | 0              |            | 1           |   | 1.078     | 1.371     | 2.302     |
| 20:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |

NDB No. 05009

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |  |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|--|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code |  |
|  |                                       |            |                       |            |   |                 |  |
|  |                                       |            |                       |            |   |                 |  |
| Fatty acids, total monounsaturated.....g | 5.340                                 |            | 0                     |            | 1   |                 |  |
| 14:1.....g                               |                                       |            |                       |            |   |                 |  |
| 15:1.....g                               |                                       |            |                       |            |   |                 |  |
| 16:1 undifferentiated.....g              | 0.730                                 |            | 0                     |            | 1   |                 |  |
| 17:1.....g                               |                                       |            |                       |            |   |                 |  |
| 18:1 undifferentiated.....g              | 4.400                                 |            | 0                     |            | 1   |                 |  |
| 20:1.....g                               | 0.130                                 |            | 0                     |            | 1   |                 |  |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |  |
| Fatty acids, total polyunsaturated.....g | 2.970                                 |            | 0                     |            | 1   |                 |  |
| 18:2 undifferentiated.....g              | 2.570                                 |            | 0                     |            | 1   |                 |  |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1   |                 |  |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 |  |
| 20:2 n-6 c.c.....g                       |                                       |            |                       |            |   |                 |  |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |  |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1   |                 |  |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 |  |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 |  |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 |  |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |  |
| Cholesterol.....mg                       | 88                                    |            | 0                     |            | 1   |                 |  |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |  |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |  |
| Tryptophan.....g                         | 0.305                                 |            | 0                     |            | 1   |                 |  |
| Threonine.....g                          | 1.128                                 |            | 0                     |            | 1   |                 |  |
| Isoleucine.....g                         | 1.362                                 |            | 0                     |            | 1   |                 |  |
| Leucine.....g                            | 1.986                                 |            | 0                     |            | 1   |                 |  |
| Lysine.....g                             | 2.223                                 |            | 0                     |            | 1   |                 |  |
| Methionine.....g                         | 0.726                                 |            | 0                     |            | 1   |                 |  |
| Cystine.....g                            | 0.364                                 |            | 0                     |            | 1   |                 |  |
| Phenylalanine.....g                      | 1.061                                 |            | 0                     |            | 1   |                 |  |
| Tyrosine.....g                           | 0.879                                 |            | 0                     |            | 1   |                 |  |
| Valine.....g                             | 1.325                                 |            | 0                     |            | 1   |                 |  |
| Arginine.....g                           | 1.711                                 |            | 0                     |            | 1   |                 |  |
| Histidine.....g                          | 0.802                                 |            | 0                     |            | 1   |                 |  |
| Alanine.....g                            | 1.591                                 |            | 0                     |            | 1   |                 |  |
| Aspartic acid.....g                      | 2.434                                 |            | 0                     |            | 1   |                 |  |
| Glutamic acid.....g                      | 3.991                                 |            | 0                     |            | 1   |                 |  |
| Glycine.....g                            | 1.764                                 |            | 0                     |            | 1   |                 |  |
| Proline.....g                            | 1.322                                 |            | 0                     |            | 1   |                 |  |
| Serine.....g                             | 0.963                                 |            | 0                     |            | 1   |                 |  |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |  |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |  |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 |  |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 |  |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |  |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 |  |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 |  |

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

#### Common Measures:

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

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

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

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

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 63.93                                 | 0.546      | 16             |            | 1   |                 | 89.50     | 127.86    | 213.53    |
| Energy.....kcal                       | 219                                   |            | 0              | NC         | 4   |                 | 307       | 438       | 731       |
| Energy.....kj                         | 916                                   |            |                |            | 4   |                 | 1283      | 1833      | 3060      |
| Protein (N x 6.25).....g              | 24.68                                 | 0.240      | 16             |            | 1   |                 | 34.55     | 49.36     | 82.43     |
| Total lipid (fat).....g               | 12.56                                 | 0.246      | 16             |            | 1   |                 | 17.58     | 25.12     | 41.95     |
| Ash.....g                             | 0.76                                  | 0.028      | 16             |            | 1   |                 | 1.06      | 1.52      | 2.54      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 13                                    | 0.432      | 16             |            | 1   |                 | 18        | 26        | 43        |
| Iron, Fe.....mg                       | 1.16                                  | 0.046      | 16             |            | 1   |                 | 1.62      | 2.32      | 3.87      |
| Magnesium, Mg.....mg                  | 19                                    | 0.292      | 16             |            | 1   |                 | 27        | 38        | 63        |
| Phosphorus, P.....mg                  | 139                                   | 2.472      | 16             |            | 1   |                 | 195       | 278       | 464       |
| Potassium, K.....mg                   | 166                                   | 6.406      | 16             |            | 1   |                 | 232       | 332       | 554       |
| Sodium, Na.....mg                     | 67                                    | 1.724      | 16             |            | 1   |                 | 94        | 134       | 224       |
| Zinc, Zn.....mg                       | 1.76                                  | 0.023      | 16             |            | 1   |                 | 2.46      | 3.52      | 5.88      |
| Copper, Cu.....mg                     | 0.057                                 | 0.001      | 16             |            | 1   |                 | 0.080     | 0.114     | 0.190     |
| Manganese, Mn.....mg                  | 0.019                                 | 0.000      | 16             |            | 1   |                 | 0.027     | 0.038     | 0.063     |
| Selenium, Se.....mcg                  | 18.0                                  |            | 0              | BFYN       | 4   |                 | 25.2      | 36.0      | 60.1      |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.046                                 | 0.003      | 8              |            | 1   |                 | 0.064     | 0.092     | 0.154     |
| Riboflavin.....mg                     | 0.148                                 | 0.003      | 8              |            | 1   |                 | 0.207     | 0.296     | 0.494     |
| Niacin.....mg                         | 5.594                                 | 0.215      | 8              |            | 1   |                 | 7.832     | 11.188    | 18.684    |
| Pantothenic acid.....mg               | 0.667                                 |            | 0              |            | 1   |                 | 0.934     | 1.334     | 2.228     |
| Vitamin B-6.....mg                    | 0.220                                 |            | 0              |            | 1   |                 | 0.308     | 0.440     | 0.735     |
| Folate, total.....mcg                 | 5                                     |            | 0              |            | 1   |                 | 7         | 10        | 17        |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 5                                     |            | 0              |            | 1   |                 | 7         | 10        | 17        |
| Folate, DFE.....mcg_DFE               | 5                                     |            | 0              | NC         | 4   |                 | 7         | 10        | 17        |
| Vitamin B-12.....mcg                  | 0.20                                  |            | 0              |            | 1   |                 | 0.28      | 0.40      | 0.67      |
| Vitamin A, IU.....IU                  | 140                                   |            | 0              | NC         | 4   |                 | 196       | 280       | 468       |
| Vitamin A, RAE.....mcg_RAE            | 42                                    |            | 0              | NC         | 4   |                 | 59        | 84        | 140       |
| Retinol.....mcg                       | 42                                    |            | 0              | NR         | 4   |                 | 59        | 84        | 140       |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   |                 | 0.37      | 0.53      | 0.89      |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 2.1                                   |            | 0              | BFYN       | 4   |                 | 3.0       | 4.2       | 7.1       |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 3.500                                 |            | 0              |            | 1   |                 | 4.900     | 7.000     | 11.690    |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.020                                 |            | 0              |            | 1   |                 | 0.028     | 0.040     | 0.067     |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.100                                 |            | 0              |            | 1   |                 | 0.140     | 0.200     | 0.334     |
| 15:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 16:0.....g                            | 2.570                                 |            | 0              |            | 1   |                 | 3.598     | 5.140     | 8.584     |
| 17:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 18:0.....g                            | 0.710                                 |            | 0              |            | 1   |                 | 0.994     | 1.420     | 2.371     |
| 2                                     |                                       |            |                |            |   |                 |           |           |           |

NDB No. 05010

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

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

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

#### Common Measures:

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

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05006

Chicken, broilers or fryers, meat and skin, raw

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

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

#### Common Measures:

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

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



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05012

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

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

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

**Common Measures:**

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

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05011

Chicken, broilers or fryers, meat only, raw

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

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

#### Common Measures:

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, meat only, roasted**[illegible]



NDB No. 05013

Chicken, broilers or fryers, meat only, roasted

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

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

**Common Measures:**

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

Measure 2 = 8.7g: 1 tbsp

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Chicken, broilers or fryers, meat only, stewed

| Nutrients and Units                   | <u>Amount in 100 grams of edible portion</u> |            |                |            |             |                 | <u>Amount in edible portion of common measures of food</u> |           |           |
|---------------------------------------|--|------------|----------------|------------|-------------|-----------------|--|-----------|-----------|
|                                       | Mean   | Std. Error | Number         |            | Source Code | Confidence Code | Measure 1  | Measure 2 | Measure 3 |
|                                       |  |            | of Data Points | Deriv Code |             |                 |  |           |           |
| <b>Proximates:</b>                    |  |            |                |            |             |                 |  |           |           |
| Water.....g                           | 66.81  | 0.323      | 16             |            | 1           |                 | 93.53  | 5.81      | 104.89    |
| Energy.....kcal                       | 177  |            | 0              | NC         | 4           |                 | 248  | 15        | 278       |
| Energy.....kj                         | 741  |            |                |            | 4           |                 | 1037   | 64        | 1163      |
| Protein (N x 6.25).....g              | 27.29  | 0.204      | 16             |            | 1           |                 | 38.21  | 2.37      | 42.85     |
| Total lipid (fat).....g               | 6.71   | 0.120      | 16             |            | 1           |                 | 9.39   | 0.58      | 10.53     |
| Ash.....g                             | 0.85   | 0.038      | 16             |            | 1           |                 | 1.19   | 0.07      | 1.33      |
| Carbohydrate, by difference.....g     | 0.00   |            | 0              | Z          | 7           |                 | 0.00   | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0  |            | 0              | Z          | 7           |                 | 0.0  | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00   |            | 0              | Z          | 7           |                 | 0.00   | 0.00      | 0.00      |
| Starch.....g                          |  |            |                |            |             |                 |  |           |           |
| <b>Minerals:</b>                      |  |            |                |            |             |                 |  |           |           |
| Calcium, Ca.....mg                    | 14   | 0.343      | 16             |            | 1           |                 | 20   | 1         | 22        |
| Iron, Fe.....mg                       | 1.17   | 0.053      | 16             |            | 1           |                 | 1.64   | 0.10      | 1.84      |
| Magnesium, Mg.....mg                  | 21   | 0.330      | 16             |            | 1           |                 | 29   | 2         | 33        |
| Phosphorus, P.....mg                  | 150  | 2.914      | 16             |            | 1           |                 | 210  | 13        | 236       |
| Potassium, K.....mg                   | 180  | 6.645      | 16             |            | 1           |                 | 252  | 16        | 283       |
| Sodium, Na.....mg                     | 70   | 2.033      | 16             |            | 1           |                 | 98   | 6         | 110       |
| Zinc, Zn.....mg                       | 1.99   | 0.028      | 16             |            | 1           |                 | 2.79   | 0.17      | 3.12      |
| Copper, Cu.....mg                     | 0.061  | 0.001      | 16             |            | 1           |                 | 0.085  | 0.005     | 0.096     |
| Manganese, Mn.....mg                  | 0.019  | 0.000      | 16             |            | 1           |                 | 0.027  | 0.002     | 0.030     |
| Selenium, Se.....mcg                  | 20.9   |            | 0              | BFYN       | 4           |                 | 29.3   | 1.8       | 32.8      |
| <b>Vitamins:</b>                      |  |            |                |            |             |                 |  |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0  |            | 0              | Z          | 7           |                 | 0.0  | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.049  | 0.003      | 8              |            | 1           |                 | 0.069  | 0.004     | 0.077     |
| Riboflavin.....mg                     | 0.163  | 0.004      | 8              |            | 1           |                 | 0.228  | 0.014     | 0.256     |
| Niacin.....mg                         | 6.117  | 0.241      | 8              |            | 1           |                 | 8.564  | 0.532     | 9.604     |
| Pantothenic acid.....mg               | 0.746  |            | 0              |            | 1           |                 | 1.044  | 0.065     | 1.171     |
| Vitamin B-6.....mg                    | 0.260  |            | 0              |            | 1           |                 | 0.364  | 0.023     | 0.408     |
| Folate, total.....mcg                 | 6  |            | 0              |            | 1           |                 | 8  | 1         | 9         |
| Folic acid.....mcg                    | 0  |            | 0              | Z          | 7           |                 | 0  | 0         | 0         |
| Folate, food.....mcg                  | 6  |            | 0              |            | 1           |                 | 8  | 1         | 9         |
| Folate, DFE.....mcg_DFE               | 6  |            | 0              | NC         | 4           |                 | 8  | 1         | 9         |
| Vitamin B-12.....mcg                  | 0.22   |            | 0              |            | 1           |                 | 0.31   | 0.02      | 0.35      |
| Vitamin A, IU.....IU                  | 50   |            | 0              |            | 1           |                 | 70   | 4         | 79        |
| Vitamin A, RAE.....mcg_RAE            | 15   |            | 0              | NC         | 4           |                 | 21   | 1         | 24        |
| Retinol.....mcg                       | 15   |            | 0              | NR         | 4           |                 | 21   | 1         | 24        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27   |            | 0              | NR         | 4           |                 | 0.37   | 0.02      | 0.42      |
| Tocopherol, beta.....mg               |  |            |                |            |             |                 |  |           |           |
| Tocopherol, gamma.....mg              |  |            |                |            |             |                 |  |           |           |
| Tocopherol, delta.....mg              |  |            |                |            |             |                 |  |           |           |
| Vitamin D.....IU                      |  |            |                |            |             |                 |  |           |           |
| Vitamin K (phylloquinone).....mcg     | 2.4  |            | 0              | BFYN       | 4           |                 | 3.3  | 0.2       | 3.7       |
| <b>Lipids:</b>                        |  |            |                |            |             |                 |  |           |           |
| Fatty acids, total saturated.....g    | 1.840  |            | 0              |            | 1           |                 | 2.576  | 0.160     | 2.889     |
| 4:0.....g                             | 0.000  |            | 0              |            | 1           |                 | 0.000  | 0.000     | 0.000     |
| 6:0.....g                             | 0.000  |            | 0              |            | 1           |                 | 0.000  | 0.000     | 0.000     |
| 8:0.....g                             | 0.000  |            | 0              |            | 1           |                 | 0.000  | 0.000     | 0.000     |
| 10:0.....g                            | 0.000  |            | 0              |            | 1           |                 | 0.000  | 0.000     | 0.000     |
| 12:0.....g                            | 0.020  |            | 0              |            | 1           |                 | 0.028  | 0.002     | 0.031     |
| 13:0.....g                            |  |            |                |            |             |                 |  |           |           |
| 14:0.....g                            | 0.050  |            | 0              |            | 1           |                 | 0.070  | 0.004     | 0.079     |
| 15:0.....g                            |  |            |                |            |             |                 |  |           |           |
| 16:0.....g                            | 1.270  |            | 0              |            | 1           |                 | 1.778  | 0.110     | 1.994     |
| 17:0.....g                            |  |            |                |            |             |                 |  |           |           |
| 18:0.....g                            | 0.440  |            | 0              |            | 1           |                 | 0.616  | 0.038     | 0.691     |
| 20:0.....g                            |  |            |                |            |             |                 |  |           |           |

NDB No. 05014

Chicken, broilers or fryers, meat only, stewed

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

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

**Common Measures:**

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

Measure 2 = 8.7g: 1 tbsp

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05087

Chicken, broilers or fryers, neck, meat and skin, cooked simmered

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 7.220                                 |            | 0                     |            | 1   |                 | 0.794     | 2.744     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.020                                 |            | 0                     |            | 1   |                 | 0.112     | 0.388     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 5.920                                 |            | 0                     |            | 1   |                 | 0.651     | 2.250     |           |
| 20:1.....g                               | 0.200                                 |            | 0                     |            | 1   |                 | 0.022     | 0.076     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.940                                 |            | 0                     |            | 1   |                 | 0.433     | 1.497     |           |
| 18:2 undifferentiated.....g              | 3.480                                 |            | 0                     |            | 1   |                 | 0.383     | 1.322     |           |
| 18:3 undifferentiated.....g              | 0.150                                 |            | 0                     |            | 1   |                 | 0.017     | 0.057     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 1   |                 | 0.013     | 0.046     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.002     | 0.008     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.002     | 0.008     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 | 0.004     | 0.015     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 70                                    |            | 0                     |            | 1   |                 | 8         | 27        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 38g: 1 neck, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
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NDB No. 05085

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

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

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

#### Common Measures:

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

Measure 2 = 52g: 1 neck, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

[illegible]

NDB No. 05086

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

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

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

#### Common Measures:

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

Measure 2 = 36g: 1 neck, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, neck, meat and skin, raw**[illegible]

NDB No. 05084

Chicken, broilers or fryers, neck, 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<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total monounsaturated.....g | 10.550                                |            | 0                        |               | 1              |                    | 1.583   | 5.275     |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 1.490                                 |            | 0                        |               | 1              |                    | 0.224   | 0.745     |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 8.640                                 |            | 0                        |               | 1              |                    | 1.296   | 4.320     |           |
| 20:1.....g                               | 0.300                                 |            | 0                        |               | 1              |                    | 0.045   | 0.150     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 5.680                                 |            | 0                        |               | 1              |                    | 0.852   | 2.840     |           |
| 18:2 undifferentiated.....g              | 5.040                                 |            | 0                        |               | 1              |                    | 0.756   | 2.520     |           |
| 18:3 undifferentiated.....g              | 0.210                                 |            | 0                        |               | 1              |                    | 0.032   | 0.105     |           |
| 18:4.....g                               | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 0                        |               | 1              |                    | 0.024   | 0.080     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1              |                    | 0.003   | 0.010     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                        |               | 1              |                    | 0.005   | 0.015     |           |
| 22:6 n-3.....g                           | 0.060                                 |            | 0                        |               | 1              |                    | 0.009   | 0.030     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 99                                    |            | 0                        |               | 1              |                    | 15  | 50        |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| 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                     |                                       |            |                          |               |                |                    |   |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        |               | 7              |                    | 0.0   | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |   |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |   |           |           |

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

**Common Measures:**

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

Measure 2 = 50g: 1 neck, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05089

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05090

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

Refuse: 67% 32% bone, 35% skin

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| Water.....g                           | 67.05                                 | 0.580      | 8                     |            | 1           |   | 3.35      | 12.07     |           |
| Energy.....kcal                       | 179                                   |            | 0                     | NC         | 4           |   | 9         | 32        |           |
| Energy.....kj                         | 749                                   |            |                       |            | 4           |   | 37        | 135       |           |
| Protein (N x 6.25).....g              | 24.56                                 | 0.291      | 8                     |            | 1           |   | 1.23      | 4.42      |           |
| Total lipid (fat).....g               | 8.18                                  | 0.288      | 8                     |            | 1           |   | 0.41      | 1.47      |           |
| Ash.....g                             | 0.77                                  | 0.045      | 8                     |            | 1           |   | 0.04      | 0.14      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |             |   |           |           |           |
| Starch.....g                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 44                                    | 2.160      | 8                     |            | 1           |   | 2         | 8         |           |
| Iron, Fe.....mg                       | 2.63                                  | 0.034      | 8                     |            | 1           |   | 0.13      | 0.47      |           |
| Magnesium, Mg.....mg                  | 16                                    | 0.414      | 8                     |            | 1           |   | 1         | 3         |           |
| Phosphorus, P.....mg                  | 128                                   | 6.450      | 8                     |            | 1           |   | 6         | 23        |           |
| Potassium, K.....mg                   | 140                                   | 6.800      | 8                     |            | 1           |   | 7         | 25        |           |
| Sodium, Na.....mg                     | 64                                    | 1.999      | 8                     |            | 1           |   | 3         | 12        |           |
| Zinc, Zn.....mg                       | 3.77                                  | 0.118      | 8                     |            | 1           |   | 0.19      | 0.68      |           |
| Copper, Cu.....mg                     | 0.129                                 | 0.002      | 8                     |            | 1           |   | 0.006     | 0.023     |           |
| Manganese, Mn.....mg                  | 0.048                                 | 0.002      | 8                     |            | 1           |   | 0.002     | 0.009     |           |
| Selenium, Se.....mcg                  | 20.5                                  |            | 0                     | BFYN       | 4           |   | 1.0       | 3.7       |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.046                                 | 0.003      | 8                     |            | 1           |   | 0.002     | 0.008     |           |
| Riboflavin.....mg                     | 0.283                                 | 0.015      | 8                     |            | 1           |   | 0.014     | 0.051     |           |
| Niacin.....mg                         | 3.956                                 | 0.380      | 8                     |            | 1           |   | 0.198     | 0.712     |           |
| Pantothenic acid.....mg               | 0.671                                 |            | 0                     |            | 1           |   | 0.034     | 0.121     |           |
| Vitamin B-6.....mg                    | 0.160                                 |            | 0                     |            | 1           |   | 0.008     | 0.029     |           |
| Folate, total.....mcg                 | 6                                     |            | 0                     |            | 1           |   | 0         | 1         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 6                                     |            | 0                     |            | 1           |   | 0         | 1         |           |
| Folate, DFE.....mcg_DFE               | 6                                     |            | 0                     | NC         | 4           |   | 0         | 1         |           |
| Vitamin B-12.....mcg                  | 0.17                                  |            | 0                     |            | 1           |   | 0.01      | 0.03      |           |
| Vitamin A, IU.....IU                  | 121                                   |            | 0                     |            | 1           |   | 6         | 22        |           |
| Vitamin A, RAE.....mcg_RAE            | 36                                    |            | 0                     |            | 1           |   | 2         | 7         |           |
| Retinol.....mcg                       | 36                                    |            | 0                     |            | 1           |   | 2         | 7         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 2.100                                 |            | 0                     |            | 1           |   | 0.105     | 0.378     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.040                                 |            | 0                     |            | 1           |   | 0.002     | 0.007     |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.050                                 |            | 0                     |            | 1           |   | 0.003     | 0.009     |           |
| 15:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 16:0.....g                            | 1.400                                 |            | 0                     |            | 1           |   | 0.070     | 0.252     |           |
| 17:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 18:0.....g                            | 0.550                                 |            | 0                     |            | 1           |   | 0.028     | 0.099     |           |
| 20:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |   |           |           |           |

NDB No. 05090

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                          |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 2.540                                 |            | 0                        |               | 1              |                    | 0.127                              | 0.457     |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.370                                 |            | 0                        |               | 1              |                    | 0.019                              | 0.067     |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 2.110                                 |            | 0                        |               | 1              |                    | 0.106                              | 0.380     |           |
| 20:1.....g                               | 0.020                                 |            | 0                        |               | 1              |                    | 0.001                              | 0.004     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 1              |                    | 0.000                              | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 2.030                                 |            | 0                        |               | 1              |                    | 0.102                              | 0.365     |           |
| 18:2 undifferentiated.....g              | 1.560                                 |            | 0                        |               | 1              |                    | 0.078                              | 0.281     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0                        |               | 1              |                    | 0.004                              | 0.013     |           |
| 18:4.....g                               | 0.000                                 |            | 0                        |               | 1              |                    | 0.000                              | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 0                        |               | 1              |                    | 0.010                              | 0.036     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1              |                    | 0.001                              | 0.004     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                        |               | 1              |                    | 0.002                              | 0.007     |           |
| 22:6 n-3.....g                           | 0.080                                 |            | 0                        |               | 1              |                    | 0.004                              | 0.014     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 79                                    |            | 0                        |               | 1              |                    | 4                                  | 14        |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |                                    |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |                                    |           |           |
| 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                     |                                       |            |                          |               |                |                    |                                    |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |                                    |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        |               | 7              |                    | 0.0                                | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |                                    |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |                                    |           |           |

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

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

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

**Common Measures:**

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

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, separable fat, raw**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 7                                     | 0.518      | 24                    |            | 1   |                 | 1         | 2         | 4         |
| Iron, Fe.....mg                       | 0.70                                  | 0.025      | 24                    |            | 1   |                 | 0.09      | 0.22      | 0.36      |
| Magnesium, Mg.....mg                  | 6                                     | 0.374      | 24                    |            | 1   |                 | 1         | 2         | 3         |
| Phosphorus, P.....mg                  | 54                                    | 1.517      | 24                    |            | 1   |                 | 7         | 17        | 28        |
| Potassium, K.....mg                   | 64                                    | 2.899      | 24                    |            | 1   |                 | 8         | 20        | 33        |
| Sodium, Na.....mg                     | 32                                    | 1.049      | 24                    |            | 1   |                 | 4         | 10        | 17        |
| Zinc, Zn.....mg                       | 0.45                                  | 0.025      | 24                    |            | 1   |                 | 0.06      | 0.14      | 0.23      |
| Copper, Cu.....mg                     | 0.029                                 | 0.002      | 24                    |            | 1   |                 | 0.004     | 0.009     | 0.015     |
| Manganese, Mn.....mg                  | 0.014                                 | 0.001      | 24                    |            | 1   |                 | 0.002     | 0.004     | 0.007     |
| Selenium, Se.....mcg                  | 9.7                                   |            | 2                     | A          | 1   |                 | 1.2       | 3.1       | 5.0       |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.021                                 | 0.002      | 16                    |            | 1   |                 | 0.003     | 0.007     | 0.011     |
| Riboflavin.....mg                     | 0.059                                 | 0.002      | 16                    |            | 1   |                 | 0.008     | 0.019     | 0.031     |
| Niacin.....mg                         | 2.041                                 | 0.147      | 16                    |            | 1   |                 | 0.261     | 0.653     | 1.061     |
| Pantothenic acid.....mg               | 0.190                                 |            | 0                     |            | 1   |                 | 0.024     | 0.061     | 0.099     |
| Vitamin B-6.....mg                    | 0.020                                 |            | 0                     |            | 1   |                 | 0.003     | 0.006     | 0.010     |
| Folate, total.....mcg                 | 1                                     |            | 0                     |            | 1   |                 | 0         | 0         | 1         |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 1                                     |            | 0                     |            | 1   |                 | 0         | 0         | 1         |
| Folate, DFE.....mcg_DFE               | 1                                     |            | 0                     | NC         | 4   |                 | 0         | 0         | 1         |
| Vitamin B-12.....mcg                  | 0.07                                  |            | 0                     |            | 1   |                 | 0.01      | 0.02      | 0.04      |
| Vitamin A, IU.....IU                  | 509                                   |            | 0                     | NC         | 4   |                 | 65        | 163       | 265       |
| Vitamin A, RAE.....mcg_RAE            | 130                                   |            | 0                     | NC         | 4   |                 | 17        | 42        | 68        |
| Retinol.....mcg                       | 125                                   |            | 0                     | O          | 4   |                 | 16        | 40        | 65        |
| Vitamin E (alpha-tocopherol).....mg   | 2.73                                  |            | 0                     | NR         | 4   |                 | 0.35      | 0.87      | 1.42      |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 2.4                                   |            | 0                     | CAZN       | 4   |                 | 0.3       | 0.8       | 1.2       |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 20.250                                |            | 0                     |            | 1   |                 | 2.592     | 6.480     | 10.530    |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.040                                 | 0.011      | 14                    |            | 1   |                 | 0.005     | 0.013     | 0.021     |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.600                                 | 0.034      | 62                    |            | 1   |                 | 0.077     | 0.192     | 0.312     |
| 15:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 16:0.....g                            | 14.650                                | 0.330      | 70                    |            | 1   |                 | 1.875     | 4.688     | 7.618     |
| 17:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 18:0.....g                            | 4.080                                 | 0.139      | 70                    |            | 1   |                 | 0.522     | 1.306     | 2.122     |
| 20:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |

NDB No. 05047

Chicken, broilers or fryers, separable fat, raw

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

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**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05016

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

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

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#### 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 17 (2004)



NDB No. 05017

Chicken, broilers or fryers, skin only, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 18.010                                |            | 0              |            | 1           |   | 5.943     | 10.086    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.990                                 |            | 0              |            | 1           |   | 0.657     | 1.114     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 15.450                                |            | 0              |            | 1           |   | 5.099     | 8.652     |           |
| 20:1.....g                               | 0.430                                 |            | 0              |            | 1           |   | 0.142     | 0.241     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 9.440                                 |            | 0              |            | 1           |   | 3.115     | 5.286     |           |
| 18:2 undifferentiated.....g              | 8.680                                 |            | 0              |            | 1           |   | 2.864     | 4.861     |           |
| 18:3 undifferentiated.....g              | 0.410                                 |            | 0              |            | 1           |   | 0.135     | 0.230     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0              |            | 1           |   | 0.030     | 0.050     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.007     | 0.011     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.003     | 0.006     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.010     | 0.017     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 0              |            | 1           |   | 24        | 41        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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                     |                                       |            |                |            |             |   |           |           |           |

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#### 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 17 (2004)



NDB No. 05018

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

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

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#### Common Measures:

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

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

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

**Calories Factors:** Protein 4.27                      Fat 9.02                      Carbohydrate 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05019

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05015

Chicken, broilers or fryers, skin only, raw

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

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**Common Measures:**

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05092

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

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

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#### 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 17 (2004)



NDB No. 05093

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

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

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#### 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 17 (2004)

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 59.42                                 | 0.418      | 16             |            | 1   |                 | 83.19     | 21.99     | 36.84     |
| Energy.....kcal                       | 247                                   |            | 0              | NC         | 4   |                 | 346       | 91        | 153       |
| Energy.....kj                         | 1033                                  |            |                |            | 4   |                 | 1447      | 382       | 641       |
| Protein (N x 6.25).....g              | 25.06                                 | 0.304      | 16             |            | 1   |                 | 35.08     | 9.27      | 15.54     |
| Total lipid (fat).....g               | 15.49                                 | 0.216      | 16             |            | 1   |                 | 21.69     | 5.73      | 9.60      |
| Ash.....g                             | 0.88                                  | 0.022      | 16             |            | 1   |                 | 1.23      | 0.33      | 0.55      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 12                                    | 0.678      | 16             |            | 1   |                 | 17        | 4         | 7         |
| Iron, Fe.....mg                       | 1.34                                  | 0.048      | 16             |            | 1   |                 | 1.88      | 0.50      | 0.83      |
| Magnesium, Mg.....mg                  | 22                                    | 0.393      | 16             |            | 1   |                 | 31        | 8         | 14        |
| Phosphorus, P.....mg                  | 174                                   | 4.528      | 16             |            | 1   |                 | 244       | 64        | 108       |
| Potassium, K.....mg                   | 222                                   | 5.739      | 16             |            | 1   |                 | 311       | 82        | 138       |
| Sodium, Na.....mg                     | 84                                    | 1.538      | 16             |            | 1   |                 | 118       | 31        | 52        |
| Zinc, Zn.....mg                       | 2.36                                  | 0.040      | 16             |            | 1   |                 | 3.30      | 0.87      | 1.46      |
| Copper, Cu.....mg                     | 0.078                                 | 0.002      | 16             |            | 1   |                 | 0.109     | 0.029     | 0.048     |
| Manganese, Mn.....mg                  | 0.021                                 | 0.001      | 16             |            | 1   |                 | 0.029     | 0.008     | 0.013     |
| Selenium, Se.....mcg                  | 19.5                                  |            | 0              | BFYN       | 4   |                 | 27.3      | 7.2       | 12.1      |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.067                                 | 0.007      | 8              |            | 1   |                 | 0.094     | 0.025     | 0.042     |
| Riboflavin.....mg                     | 0.212                                 | 0.008      | 8              |            | 1   |                 | 0.297     | 0.078     | 0.131     |
| Niacin.....mg                         | 6.365                                 | 0.530      | 8              |            | 1   |                 | 8.911     | 2.355     | 3.946     |
| Pantothenic acid.....mg               | 1.108                                 |            | 0              |            | 1   |                 | 1.551     | 0.410     | 0.687     |
| Vitamin B-6.....mg                    | 0.310                                 |            | 0              |            | 1   |                 | 0.434     | 0.115     | 0.192     |
| Folate, total.....mcg                 | 7                                     |            | 0              |            | 1   |                 | 10        | 3         | 4         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 7                                     |            | 0              |            | 1   |                 | 10        | 3         | 4         |
| Folate, DFE.....mcg_DFE               | 7                                     |            | 0              | NC         | 4   |                 | 10        | 3         | 4         |
| Vitamin B-12.....mcg                  | 0.29                                  |            | 0              |            | 1   |                 | 0.41      | 0.11      | 0.18      |
| Vitamin A, IU.....IU                  | 160                                   |            | 0              | NC         | 4   |                 | 224       | 59        | 99        |
| Vitamin A, RAE.....mcg_RAE            | 48                                    |            | 0              | NC         | 4   |                 | 67        | 18        | 30        |
| Retinol.....mcg                       | 48                                    |            | 0              | NR         | 4   |                 | 67        | 18        | 30        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4   |                 | 0.37      | 0.10      | 0.16      |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 4.3                                   |            | 0              | BFSN       | 4   |                 | 6.0       | 1.6       | 2.7       |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 4.330                                 |            | 0              |            | 1   |                 | 6.062     | 1.602     | 2.685     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.030                                 |            | 0              |            | 1   |                 | 0.042     | 0.011     | 0.019     |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.120                                 |            | 0              |            | 1   |                 | 0.168     | 0.044     | 0.074     |
| 15:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 16:0.....g                            | 3.140                                 |            | 0              |            | 1   |                 | 4.396     | 1.162     | 1.947     |
| 17:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 18:0.....g                            | 0.890                                 |            | 0              |            | 1   |                 | 1.246     | 0.329     | 0.552     |
| 20:0.....g                            |                                       |            |                |            |   |                 |           |           |           |



NDB No. 05094

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

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

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

#### Common Measures:

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

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

Measure 3 = 62g: 1 thigh, bone removed

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

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

**Food Group:** 05 Poultry Products

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NDB No. 05095

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.840                                 |            | 0                     |            | 1   |                 | 2.394     | 3.971     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.810                                 |            | 0                     |            | 1   |                 | 0.332     | 0.551     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 4.830                                 |            | 0                     |            | 1   |                 | 1.980     | 3.284     |           |
| 20:1.....g                               | 0.140                                 |            | 0                     |            | 1   |                 | 0.057     | 0.095     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.250                                 |            | 0                     |            | 1   |                 | 1.333     | 2.210     |           |
| 18:2 undifferentiated.....g              | 2.840                                 |            | 0                     |            | 1   |                 | 1.164     | 1.931     |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0                     |            | 1   |                 | 0.053     | 0.088     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 1   |                 | 0.049     | 0.082     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 | 0.004     | 0.007     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.008     | 0.014     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 | 0.016     | 0.027     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 84                                    |            | 0                     |            | 1   |                 | 34        | 57        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 68g: 1 thigh, bone removed

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

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

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NDB No. 05091

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

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

**Common Measures:**

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

Measure 2 = 94g: 1 thigh, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05097

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

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

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

**Refuse:** 35% Bone 23%, skin 12%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 62.87                                 | 0.409      | 16             |            | 1           |   | 88.02     | 19.49     | 32.69     |
| Energy.....kcal                       | 209                                   |            | 0              | NC         | 4           |   | 293       | 65        | 109       |
| Energy.....kj                         | 874                                   |            |                |            | 4           |   | 1224      | 271       | 455       |
| Protein (N x 6.25).....g              | 25.94                                 | 0.322      | 16             |            | 1           |   | 36.32     | 8.04      | 13.49     |
| Total lipid (fat).....g               | 10.88                                 | 0.212      | 16             |            | 1           |   | 15.23     | 3.37      | 5.66      |
| Ash.....g                             | 0.95                                  | 0.027      | 16             |            | 1           |   | 1.33      | 0.29      | 0.49      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 12                                    | 0.806      | 16             |            | 1           |   | 17        | 4         | 6         |
| Iron, Fe.....mg                       | 1.31                                  | 0.051      | 16             |            | 1           |   | 1.83      | 0.41      | 0.68      |
| Magnesium, Mg.....mg                  | 24                                    | 0.457      | 16             |            | 1           |   | 34        | 7         | 12        |
| Phosphorus, P.....mg                  | 183                                   | 5.027      | 16             |            | 1           |   | 256       | 57        | 95        |
| Potassium, K.....mg                   | 238                                   | 6.026      | 16             |            | 1           |   | 333       | 74        | 124       |
| Sodium, Na.....mg                     | 88                                    | 1.736      | 16             |            | 1           |   | 123       | 27        | 46        |
| Zinc, Zn.....mg                       | 2.57                                  | 0.039      | 16             |            | 1           |   | 3.60      | 0.80      | 1.34      |
| Copper, Cu.....mg                     | 0.081                                 | 0.002      | 16             |            | 1           |   | 0.113     | 0.025     | 0.042     |
| Manganese, Mn.....mg                  | 0.021                                 | 0.001      | 16             |            | 1           |   | 0.029     | 0.007     | 0.011     |
| Selenium, Se.....mcg                  | 29.0                                  | 2.466      | 19             | A          | 1           |   | 40.6      | 9.0       | 15.1      |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.074                                 | 0.007      | 8              |            | 1           |   | 0.104     | 0.023     | 0.038     |
| Riboflavin.....mg                     | 0.231                                 | 0.010      | 8              |            | 1           |   | 0.323     | 0.072     | 0.120     |
| Niacin.....mg                         | 6.525                                 | 0.580      | 8              |            | 1           |   | 9.135     | 2.023     | 3.393     |
| Pantothenic acid.....mg               | 1.184                                 |            | 0              |            | 1           |   | 1.658     | 0.367     | 0.616     |
| Vitamin B-6.....mg                    | 0.350                                 |            | 0              |            | 1           |   | 0.490     | 0.109     | 0.182     |
| Folate, total.....mcg                 | 8                                     |            | 0              |            | 1           |   | 11        | 2         | 4         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Folate, food.....mcg                  | 8                                     |            | 0              |            | 1           |   | 11        | 2         | 4         |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0              | NC         | 4           |   | 11        | 2         | 4         |
| Vitamin B-12.....mcg                  | 0.31                                  |            | 0              |            | 1           |   | 0.43      | 0.10      | 0.16      |
| Vitamin A, IU.....IU                  | 67                                    |            | 0              | NC         | 4           |   | 93        | 21        | 35        |
| Vitamin A, RAE.....mcg_RAE            | 20                                    |            | 0              | NC         | 4           |   | 28        | 6         | 10        |
| Retinol.....mcg                       | 20                                    |            | 0              | NR         | 4           |   | 28        | 6         | 10        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | NR         | 4           |   | 0.37      | 0.08      | 0.14      |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 3.9                                   |            | 0              | BFSN       | 4           |   | 5.5       | 1.2       | 2.0       |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 3.030                                 |            | 0              |            | 1           |   | 4.242     | 0.939     | 1.576     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.009     | 0.016     |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.080                                 |            | 0              |            | 1           |   | 0.112     | 0.025     | 0.042     |
| 15:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 16:0.....g                            | 2.120                                 |            | 0              |            | 1           |   | 2.968     | 0.657     | 1.102     |
| 17:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 18:0.....g                            | 0.690                                 |            | 0              |            | 1           |   | 0.966     | 0.214     | 0.359     |
| 20:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |

NDB No. 05098

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

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

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

#### Common Measures:

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

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

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05099

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               | Amount in edible portion of common |                    |                  |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|------------------------------------|--------------------|------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code                     | Confidence<br>Code | measures of food |           |           |
|  |                                       |            |                             |               |                                    |                    | Measure 1        | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 3.700                                 |            | 0                           |               | 1                                  |                    | 5.180            | 1.221     | 2.035     |
| 14:1.....g                               |                                       |            |                             |               |                                    |                    |                  |           |           |
| 15:1.....g                               |                                       |            |                             |               |                                    |                    |                  |           |           |
| 16:1 undifferentiated.....g              | 0.500                                 |            | 0                           |               | 1                                  |                    | 0.700            | 0.165     | 0.275     |
| 17:1.....g                               |                                       |            |                             |               |                                    |                    |                  |           |           |
| 18:1 undifferentiated.....g              | 3.080                                 |            | 0                           |               | 1                                  |                    | 4.312            | 1.016     | 1.694     |
| 20:1.....g                               | 0.060                                 |            | 0                           |               | 1                                  |                    | 0.084            | 0.020     | 0.033     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                           |               | 1                                  |                    | 0.000            | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                             |               |                                    |                    |                  |           |           |
| Fatty acids, total polyunsaturated.....g | 2.240                                 |            | 0                           |               | 1                                  |                    | 3.136            | 0.739     | 1.232     |
| 18:2 undifferentiated.....g              | 1.890                                 |            | 0                           |               | 1                                  |                    | 2.646            | 0.624     | 1.040     |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0                           |               | 1                                  |                    | 0.126            | 0.030     | 0.050     |
| 18:4.....g                               | 0.000                                 |            | 0                           |               | 1                                  |                    | 0.000            | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                                    |                    |                  |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                                    |                    |                  |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0                           |               | 1                                  |                    | 0.168            | 0.040     | 0.066     |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                           |               | 1                                  |                    | 0.014            | 0.003     | 0.006     |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                           |               | 1                                  |                    | 0.042            | 0.010     | 0.017     |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                           |               | 1                                  |                    | 0.070            | 0.017     | 0.028     |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                                    |                    |                  |           |           |
| Cholesterol.....mg                       | 90                                    |            | 0                           |               | 1                                  |                    | 126              | 30        | 50        |
| Phytosterols.....mg                      |                                       |            |                             |               |                                    |                    |                  |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                             |               |                                    |                    |                  |           |           |
| 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                     |                                       |            |                             |               |                                    |                    |                  |           |           |
| <b>Others:</b>                           |                                       |            |                             |               |                                    |                    |                  |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                             |               |                                    |                    |                  |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                           | Z             | 7                                  |                    | 0.000            | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                           | Z             | 7                                  |                    | 0.000            | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                           | Z             | 7                                  |                    | 0.000            | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                           | Z             | 7                                  |                    | 0.000            | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                           | Z             | 7                                  |                    | 0.000            | 0.000     | 0.000     |

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#### Common Measures:

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

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

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

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

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05096

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

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

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

**Common Measures:**

Measure 1 = 41g: 1 thigh, bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 69g: 1 thigh, bone and skin removed

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

**Calories Factors:** Protein 4.27                      Fat 9.02                      Carbohydrate 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05101

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 8.960                                 |            | 0              |            | 1           |                 | 2.598   | 4.390     |           |
| 14:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.660                                 |            | 0              |            | 1           |                 | 0.191   | 0.323     |           |
| 17:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 8.100                                 |            | 0              |            | 1           |                 | 2.349   | 3.969     |           |
| 20:1.....g                               | 0.130                                 |            | 0              |            | 1           |                 | 0.038   | 0.064     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |                 | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 5.070                                 |            | 0              |            | 1           |                 | 1.470   | 2.484     |           |
| 18:2 undifferentiated.....g              | 4.540                                 |            | 0              |            | 1           |                 | 1.317   | 2.225     |           |
| 18:3 undifferentiated.....g              | 0.240                                 |            | 0              |            | 1           |                 | 0.070   | 0.118     |           |
| 18:4.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0              |            | 1           |                 | 0.029   | 0.049     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |                 | 0.003   | 0.005     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |                 | 0.006   | 0.010     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |            | 1           |                 | 0.012   | 0.020     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 79                                    |            | 0              |            | 1           |                 | 23  | 39        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |                 |   |           |           |
| Amino Acids:                             |                                       |            |                |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.219                                 |            | 0              |            | 1           |                 | 0.064   | 0.107     |           |
| Threonine.....g                          | 0.795                                 |            | 0              |            | 1           |                 | 0.231   | 0.390     |           |
| Isoleucine.....g                         | 0.941                                 |            | 0              |            | 1           |                 | 0.273   | 0.461     |           |
| Leucine.....g                            | 1.421                                 |            | 0              |            | 1           |                 | 0.412   | 0.696     |           |
| Lysine.....g                             | 1.474                                 |            | 0              |            | 1           |                 | 0.427   | 0.722     |           |
| Methionine.....g                         | 0.499                                 |            | 0              |            | 1           |                 | 0.145   | 0.245     |           |
| Cystine.....g                            | 0.287                                 |            | 0              |            | 1           |                 | 0.083   | 0.141     |           |
| Phenylalanine.....g                      | 0.785                                 |            | 0              |            | 1           |                 | 0.228   | 0.385     |           |
| Tyrosine.....g                           | 0.620                                 |            | 0              |            | 1           |                 | 0.180   | 0.304     |           |
| Valine.....g                             | 0.953                                 |            | 0              |            | 1           |                 | 0.276   | 0.467     |           |
| Arginine.....g                           | 1.247                                 |            | 0              |            | 1           |                 | 0.362   | 0.611     |           |
| Histidine.....g                          | 0.547                                 |            | 0              |            | 1           |                 | 0.159   | 0.268     |           |
| Alanine.....g                            | 1.173                                 |            | 0              |            | 1           |                 | 0.340   | 0.575     |           |
| Aspartic acid.....g                      | 1.703                                 |            | 0              |            | 1           |                 | 0.494   | 0.834     |           |
| Glutamic acid.....g                      | 3.202                                 |            | 0              |            | 1           |                 | 0.929   | 1.569     |           |
| Glycine.....g                            | 1.465                                 |            | 0              |            | 1           |                 | 0.425   | 0.718     |           |
| Proline.....g                            | 1.190                                 |            | 0              |            | 1           |                 | 0.345   | 0.583     |           |
| Serine.....g                             | 0.759                                 |            | 0              |            | 1           |                 | 0.220   | 0.372     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |                 |   |           |           |

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#### 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 17 (2004)



NDB No. 05102

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        |            | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |            |                                    |           |           |
|  |                                       |            | Points  |       |        |            |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 8.890                                 |            | 0       |       | 1      |            | 1.689                              | 2.845     |           |
| 14:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 15:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.920                                 |            | 0       |       | 1      |            | 0.175                              | 0.294     |           |
| 17:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 18:1 undifferentiated.....g              | 7.690                                 |            | 0       |       | 1      |            | 1.461                              | 2.461     |           |
| 20:1.....g                               | 0.190                                 |            | 0       |       | 1      |            | 0.036                              | 0.061     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |            | 0.000                              | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |            |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 4.950                                 |            | 0       |       | 1      |            | 0.941                              | 1.584     |           |
| 18:2 undifferentiated.....g              | 4.340                                 |            | 0       |       | 1      |            | 0.825                              | 1.389     |           |
| 18:3 undifferentiated.....g              | 0.210                                 |            | 0       |       | 1      |            | 0.040                              | 0.067     |           |
| 18:4.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |            |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |            |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0       |       | 1      |            | 0.027                              | 0.045     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |            | 0.004                              | 0.006     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |            | 0.006                              | 0.010     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0       |       | 1      |            | 0.010                              | 0.016     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |            |                                    |           |           |
| Cholesterol.....mg                       | 81                                    |            | 0       |       | 1      |            | 15                                 | 26        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |            |                                    |           |           |
| Amino Acids:                             |                                       |            |         |       |        |            |                                    |           |           |
| Tryptophan.....g                         | 0.281                                 |            | 0       |       | 1      |            | 0.053                              | 0.090     |           |
| Threonine.....g                          | 1.056                                 |            | 0       |       | 1      |            | 0.201                              | 0.338     |           |
| Isoleucine.....g                         | 1.239                                 |            | 0       |       | 1      |            | 0.235                              | 0.396     |           |
| Leucine.....g                            | 1.851                                 |            | 0       |       | 1      |            | 0.352                              | 0.592     |           |
| Lysine.....g                             | 2.030                                 |            | 0       |       | 1      |            | 0.386                              | 0.650     |           |
| Methionine.....g                         | 0.669                                 |            | 0       |       | 1      |            | 0.127                              | 0.214     |           |
| Cystine.....g                            | 0.363                                 |            | 0       |       | 1      |            | 0.069                              | 0.116     |           |
| Phenylalanine.....g                      | 1.002                                 |            | 0       |       | 1      |            | 0.190                              | 0.321     |           |
| Tyrosine.....g                           | 0.807                                 |            | 0       |       | 1      |            | 0.153                              | 0.258     |           |
| Valine.....g                             | 1.245                                 |            | 0       |       | 1      |            | 0.237                              | 0.398     |           |
| Arginine.....g                           | 1.680                                 |            | 0       |       | 1      |            | 0.319                              | 0.538     |           |
| Histidine.....g                          | 0.729                                 |            | 0       |       | 1      |            | 0.139                              | 0.233     |           |
| Alanine.....g                            | 1.595                                 |            | 0       |       | 1      |            | 0.303                              | 0.510     |           |
| Aspartic acid.....g                      | 2.315                                 |            | 0       |       | 1      |            | 0.440                              | 0.741     |           |
| Glutamic acid.....g                      | 3.818                                 |            | 0       |       | 1      |            | 0.725                              | 1.222     |           |
| Glycine.....g                            | 2.013                                 |            | 0       |       | 1      |            | 0.382                              | 0.644     |           |
| Proline.....g                            | 1.448                                 |            | 0       |       | 1      |            | 0.275                              | 0.463     |           |
| Serine.....g                             | 0.947                                 |            | 0       |       | 1      |            | 0.180                              | 0.303     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |            |                                    |           |           |

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

#### Common Measures:

Measure 1 = 19g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 32g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

**Refuse: 48% Bone**

|                                       | Amount in 100 grams of edible portion |            |                          |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|--------------------------|------------|-------------|-----------------|---|-----------|-----------|
| Nutrients and Units                   | Mean                                  | Std. Error | Number<br>of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
| <b>Proximates:</b>                    |                                       |            |                          |            |             |                 |   |           |           |
| Water.....g                           | 55.04                                 | 0.683      | 16                       |            | 1           |                 | 77.06   | 11.56     | 18.71     |
| Energy.....kcal                       | 290                                   |            | 0                        | NC         | 4           |                 | 406   | 61        | 99        |
| Energy.....kj                         | 1213                                  |            |                          |            | 4           |                 | 1699  | 255       | 413       |
| Protein (N x 6.25).....g              | 26.86                                 | 0.394      | 16                       |            | 1           |                 | 37.60   | 5.64      | 9.13      |
| Total lipid (fat).....g               | 19.46                                 | 0.332      | 16                       |            | 1           |                 | 27.24   | 4.09      | 6.62      |
| Ash.....g                             | 0.75                                  | 0.019      | 16                       |            | 1           |                 | 1.05  | 0.16      | 0.26      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                        | Z          | 7           |                 | 0.00  | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                        | Z          | 7           |                 | 0.0   | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0                        | Z          | 7           |                 | 0.00  | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                          |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                          |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 15                                    | 0.507      | 16                       |            | 1           |                 | 21  | 3         | 5         |
| Iron, Fe.....mg                       | 1.27                                  | 0.056      | 16                       |            | 1           |                 | 1.78  | 0.27      | 0.43      |
| Magnesium, Mg.....mg                  | 19                                    | 0.414      | 16                       |            | 1           |                 | 27  | 4         | 6         |
| Phosphorus, P.....mg                  | 151                                   | 3.544      | 16                       |            | 1           |                 | 211   | 32        | 51        |
| Potassium, K.....mg                   | 184                                   | 6.654      | 16                       |            | 1           |                 | 258   | 39        | 63        |
| Sodium, Na.....mg                     | 82                                    | 2.414      | 16                       |            | 1           |                 | 115   | 17        | 28        |
| Zinc, Zn.....mg                       | 1.82                                  | 0.044      | 16                       |            | 1           |                 | 2.55  | 0.38      | 0.62      |
| Copper, Cu.....mg                     | 0.057                                 | 0.004      | 16                       |            | 1           |                 | 0.080   | 0.012     | 0.019     |
| Manganese, Mn.....mg                  | 0.018                                 | 0.000      | 16                       |            | 1           |                 | 0.025   | 0.004     | 0.006     |
| Selenium, Se.....mcg                  | 22.2                                  |            | 0                        | BFFN       | 4           |                 | 31.1  | 4.7       | 7.5       |
| <b>Vitamins:</b>                      |                                       |            |                          |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                        | Z          | 7           |                 | 0.0   | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.042                                 | 0.003      | 8                        |            | 1           |                 | 0.059   | 0.009     | 0.014     |
| Riboflavin.....mg                     | 0.128                                 | 0.006      | 8                        |            | 1           |                 | 0.179   | 0.027     | 0.044     |
| Niacin.....mg                         | 6.648                                 | 0.572      | 8                        |            | 1           |                 | 9.307   | 1.396     | 2.260     |
| Pantothenic acid.....mg               | 0.897                                 |            | 0                        |            | 1           |                 | 1.256   | 0.188     | 0.305     |
| Vitamin B-6.....mg                    | 0.420                                 |            | 0                        |            | 1           |                 | 0.588   | 0.088     | 0.143     |
| Folate, total.....mcg                 | 3                                     |            | 0                        |            | 1           |                 | 4   | 1         | 1         |
| Folic acid.....mcg                    | 0                                     |            | 0                        | Z          | 7           |                 | 0   | 0         | 0         |
| Folate, food.....mcg                  | 3                                     |            | 0                        |            | 1           |                 | 4   | 1         | 1         |
| Folate, DFE.....mcg_DFE               | 3                                     |            | 0                        | NC         | 4           |                 | 4   | 1         | 1         |
| Vitamin B-12.....mcg                  | 0.29                                  |            | 0                        |            | 1           |                 | 0.41  | 0.06      | 0.10      |
| Vitamin A, IU.....IU                  | 157                                   |            | 0                        | NC         | 4           |                 | 219   | 33        | 53        |
| Vitamin A, RAE.....mcg_RAE            | 47                                    |            | 0                        | NC         | 4           |                 | 66  | 10        | 16        |
| Retinol.....mcg                       | 47                                    |            | 0                        | NR         | 4           |                 | 66  | 10        | 16        |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0                        | NR         | 4           |                 | 0.37  | 0.06      | 0.09      |
| Tocopherol, beta.....mg               |                                       |            |                          |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                          |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                          |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                          |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.3                                   |            | 0                        | BFFN       | 4           |                 | 0.4   | 0.1       | 0.1       |
| <b>Lipids:</b>                        |                                       |            |                          |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 5.450                                 |            | 0                        |            | 1           |                 | 7.630   | 1.145     | 1.853     |
| 4:0.....g                             | 0.000                                 |            | 0                        |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0                        |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0                        |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0                        |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 12:0.....g                            | 0.020                                 |            | 0                        |            | 1           |                 | 0.028   | 0.004     | 0.007     |
| 13:0.....g                            |                                       |            |                          |            |             |                 |   |           |           |
| 14:0.....g                            | 0.160                                 |            | 0                        |            | 1           |                 | 0.224   | 0.034     | 0.054     |
| 15:0.....g                            |                                       |            |                          |            |             |                 |   |           |           |
| 16:0.....g                            | 4.040                                 |            | 0                        |            | 1           |                 | 5.656   | 0.848     | 1.374     |
| 17:0.....g                            |                                       |            |                          |            |             |                 |   |           |           |
| 18:0.....g                            | 1.090                                 |            | 0                        |            | 1           |                 | 1.526   | 0.229     | 0.371     |



NDB No. 05103

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 7.640                                 |            | 0                     |            | 1   |                 | 10.696    | 1.604     | 2.598     |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.030                                 |            | 0                     |            | 1   |                 | 1.442     | 0.216     | 0.350     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.290                                 |            | 0                     |            | 1   |                 | 8.806     | 1.321     | 2.139     |
| 20:1.....g                               | 0.220                                 |            | 0                     |            | 1   |                 | 0.308     | 0.046     | 0.075     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.140                                 |            | 0                     |            | 1   |                 | 5.796     | 0.869     | 1.408     |
| 18:2 undifferentiated.....g              | 3.570                                 |            | 0                     |            | 1   |                 | 4.998     | 0.750     | 1.214     |
| 18:3 undifferentiated.....g              | 0.150                                 |            | 0                     |            | 1   |                 | 0.210     | 0.032     | 0.051     |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0                     |            | 1   |                 | 0.210     | 0.032     | 0.051     |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.004     | 0.007     |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.042     | 0.006     | 0.010     |
| 22:6 n-3.....g                           | 0.060                                 |            | 0                     |            | 1   |                 | 0.084     | 0.013     | 0.020     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 84                                    |            | 0                     |            | 1   |                 | 118       | 18        | 29        |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| Amino Acids:                             |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.287                                 |            | 0                     |            | 1   |                 | 0.402     | 0.060     | 0.098     |
| Threonine.....g                          | 1.087                                 |            | 0                     |            | 1   |                 | 1.522     | 0.228     | 0.370     |
| Isoleucine.....g                         | 1.270                                 |            | 0                     |            | 1   |                 | 1.778     | 0.267     | 0.432     |
| Leucine.....g                            | 1.898                                 |            | 0                     |            | 1   |                 | 2.657     | 0.399     | 0.645     |
| Lysine.....g                             | 2.100                                 |            | 0                     |            | 1   |                 | 2.940     | 0.441     | 0.714     |
| Methionine.....g                         | 0.688                                 |            | 0                     |            | 1   |                 | 0.963     | 0.144     | 0.234     |
| Cystine.....g                            | 0.371                                 |            | 0                     |            | 1   |                 | 0.519     | 0.078     | 0.126     |
| Phenylalanine.....g                      | 1.023                                 |            | 0                     |            | 1   |                 | 1.432     | 0.215     | 0.348     |
| Tyrosine.....g                           | 0.827                                 |            | 0                     |            | 1   |                 | 1.158     | 0.174     | 0.281     |
| Valine.....g                             | 1.278                                 |            | 0                     |            | 1   |                 | 1.789     | 0.268     | 0.435     |
| Arginine.....g                           | 1.741                                 |            | 0                     |            | 1   |                 | 2.437     | 0.366     | 0.592     |
| Histidine.....g                          | 0.749                                 |            | 0                     |            | 1   |                 | 1.049     | 0.157     | 0.255     |
| Alanine.....g                            | 1.657                                 |            | 0                     |            | 1   |                 | 2.320     | 0.348     | 0.563     |
| Aspartic acid.....g                      | 2.396                                 |            | 0                     |            | 1   |                 | 3.354     | 0.503     | 0.815     |
| Glutamic acid.....g                      | 3.840                                 |            | 0                     |            | 1   |                 | 5.376     | 0.806     | 1.306     |
| Glycine.....g                            | 2.115                                 |            | 0                     |            | 1   |                 | 2.961     | 0.444     | 0.719     |
| Proline.....g                            | 1.480                                 |            | 0                     |            | 1   |                 | 2.072     | 0.311     | 0.503     |
| Serine.....g                             | 0.969                                 |            | 0                     |            | 1   |                 | 1.357     | 0.203     | 0.329     |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| Others:                                  |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         | 0         |
| Carotenoids:                             |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |

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

#### Common Measures:

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

Measure 2 = 21g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 34g: 1 wing, bone removed

**NDB No. 05103**

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, broilers or fryers, wing, meat and skin, cooked, stewed**[illegible]

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.600                                 |            | 0              |            | 1           |   | 9.240     | 1.584     | 2.640     |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.890                                 |            | 0              |            | 1           |   | 1.246     | 0.214     | 0.356     |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.440                                 |            | 0              |            | 1           |   | 7.616     | 1.306     | 2.176     |
| 20:1.....g                               | 0.190                                 |            | 0              |            | 1           |   | 0.266     | 0.046     | 0.076     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.580                                 |            | 0              |            | 1           |   | 5.012     | 0.859     | 1.432     |
| 18:2 undifferentiated.....g              | 3.080                                 |            | 0              |            | 1           |   | 4.312     | 0.739     | 1.232     |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0              |            | 1           |   | 0.182     | 0.031     | 0.052     |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.130                                 |            | 0              |            | 1           |   | 0.182     | 0.031     | 0.052     |
| 20:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.028     | 0.005     | 0.008     |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.007     | 0.012     |
| 22:6 n-3.....g                           | 0.050                                 |            | 0              |            | 1           |   | 0.070     | 0.012     | 0.020     |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 70                                    |            | 0              |            | 1           |   | 98        | 17        | 28        |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.245                                 |            | 0              |            | 1           |   | 0.343     | 0.059     | 0.098     |
| Threonine.....g                          | 0.925                                 |            | 0              |            | 1           |   | 1.295     | 0.222     | 0.370     |
| Isoleucine.....g                         | 1.085                                 |            | 0              |            | 1           |   | 1.519     | 0.260     | 0.434     |
| Leucine.....g                            | 1.616                                 |            | 0              |            | 1           |   | 2.262     | 0.388     | 0.646     |
| Lysine.....g                             | 1.791                                 |            | 0              |            | 1           |   | 2.507     | 0.430     | 0.716     |
| Methionine.....g                         | 0.587                                 |            | 0              |            | 1           |   | 0.822     | 0.141     | 0.235     |
| Cystine.....g                            | 0.313                                 |            | 0              |            | 1           |   | 0.438     | 0.075     | 0.125     |
| Phenylalanine.....g                      | 0.870                                 |            | 0              |            | 1           |   | 1.218     | 0.209     | 0.348     |
| Tyrosine.....g                           | 0.706                                 |            | 0              |            | 1           |   | 0.988     | 0.169     | 0.282     |
| Valine.....g                             | 1.087                                 |            | 0              |            | 1           |   | 1.522     | 0.261     | 0.435     |
| Arginine.....g                           | 1.469                                 |            | 0              |            | 1           |   | 2.057     | 0.353     | 0.588     |
| Histidine.....g                          | 0.640                                 |            | 0              |            | 1           |   | 0.896     | 0.154     | 0.256     |
| Alanine.....g                            | 1.394                                 |            | 0              |            | 1           |   | 1.952     | 0.335     | 0.558     |
| Aspartic acid.....g                      | 2.032                                 |            | 0              |            | 1           |   | 2.845     | 0.488     | 0.813     |
| Glutamic acid.....g                      | 3.266                                 |            | 0              |            | 1           |   | 4.572     | 0.784     | 1.306     |
| Glycine.....g                            | 1.746                                 |            | 0              |            | 1           |   | 2.444     | 0.419     | 0.698     |
| Proline.....g                            | 1.233                                 |            | 0              |            | 1           |   | 1.726     | 0.296     | 0.493     |
| Serine.....g                             | 0.819                                 |            | 0              |            | 1           |   | 1.147     | 0.197     | 0.328     |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |

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

**Common Measures:**

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

Measure 2 = 24g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 40g: 1 wing, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05100

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.280                                 |            | 0              | NC         | 4           |   | 1.821     | 3.077     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.870                                 |            | 0              |            | 1           |   | 0.252     | 0.426     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.230                                 |            | 0              |            | 1           |   | 1.517     | 2.563     |           |
| 20:1.....g                               | 0.180                                 |            | 0              |            | 1           |   | 0.052     | 0.088     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.260                                 |            | 0              | NC         | 4           |   | 0.945     | 1.597     |           |
| 18:2 undifferentiated.....g              | 2.950                                 |            | 0              |            | 1           |   | 0.856     | 1.446     |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0              |            | 1           |   | 0.038     | 0.064     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0              |            | 1           |   | 0.032     | 0.054     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.003     | 0.005     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.006     | 0.010     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |            | 1           |   | 0.012     | 0.020     |           |
| Fatty acids, total trans.....g           | 0.191                                 |            | 0              | PIK        | 4           |   | 0.055     | 0.093     |           |
| Cholesterol.....mg                       | 77                                    |            | 0              |            | 1           |   | 22        | 38        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.195                                 |            | 0              |            | 1           |   | 0.057     | 0.096     |           |
| Threonine.....g                          | 0.740                                 |            | 0              |            | 1           |   | 0.215     | 0.363     |           |
| Isoleucine.....g                         | 0.860                                 |            | 0              |            | 1           |   | 0.249     | 0.421     |           |
| Leucine.....g                            | 1.290                                 |            | 0              |            | 1           |   | 0.374     | 0.632     |           |
| Lysine.....g                             | 1.425                                 |            | 0              |            | 1           |   | 0.413     | 0.698     |           |
| Methionine.....g                         | 0.467                                 |            | 0              |            | 1           |   | 0.135     | 0.229     |           |
| Cystine.....g                            | 0.255                                 |            | 0              |            | 1           |   | 0.074     | 0.125     |           |
| Phenylalanine.....g                      | 0.696                                 |            | 0              |            | 1           |   | 0.202     | 0.341     |           |
| Tyrosine.....g                           | 0.561                                 |            | 0              |            | 1           |   | 0.163     | 0.275     |           |
| Valine.....g                             | 0.870                                 |            | 0              |            | 1           |   | 0.252     | 0.426     |           |
| Arginine.....g                           | 1.193                                 |            | 0              |            | 1           |   | 0.346     | 0.585     |           |
| Histidine.....g                          | 0.507                                 |            | 0              |            | 1           |   | 0.147     | 0.248     |           |
| Alanine.....g                            | 1.138                                 |            | 0              |            | 1           |   | 0.330     | 0.558     |           |
| Aspartic acid.....g                      | 1.635                                 |            | 0              |            | 1           |   | 0.474     | 0.801     |           |
| Glutamic acid.....g                      | 2.612                                 |            | 0              |            | 1           |   | 0.757     | 1.280     |           |
| Glycine.....g                            | 1.475                                 |            | 0              |            | 1           |   | 0.428     | 0.723     |           |
| Proline.....g                            | 1.025                                 |            | 0              |            | 1           |   | 0.297     | 0.502     |           |
| Serine.....g                             | 0.663                                 |            | 0              |            | 1           |   | 0.192     | 0.325     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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#### Common Measures:

Measure 1 = 29g: 1 wing, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 49g: 1 wing, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05106

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                   |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number            | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data<br>Points |               |                |                    |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 3.080                                 |            | 0                 |               | 1              |                    | 0.370                              | 0.616     |           |
| 14:1.....g                               |                                       |            |                   |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                   |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.280                                 |            | 0                 |               | 1              |                    | 0.034                              | 0.056     |           |
| 17:1.....g                               |                                       |            |                   |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 2.700                                 |            | 0                 |               | 1              |                    | 0.324                              | 0.540     |           |
| 20:1.....g                               | 0.040                                 |            | 0                 |               | 1              |                    | 0.005                              | 0.008     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                 |               | 4              |                    | 0.000                              | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                   |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 2.070                                 |            | 0                 |               | 1              |                    | 0.248                              | 0.414     |           |
| 18:2 undifferentiated.....g              | 1.560                                 |            | 0                 |               | 1              |                    | 0.187                              | 0.312     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0                 |               | 1              |                    | 0.010                              | 0.016     |           |
| 18:4.....g                               |                                       |            |                   |               |                |                    |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                   |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                   |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0                 |               | 1              |                    | 0.020                              | 0.034     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                 |               | 1              |                    | 0.002                              | 0.004     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                 |               | 1              |                    | 0.005                              | 0.008     |           |
| 22:6 n-3.....g                           | 0.070                                 |            | 0                 |               | 1              |                    | 0.008                              | 0.014     |           |
| Fatty acids, total trans.....g           |                                       |            |                   |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 84                                    |            | 0                 |               | 1              |                    | 10                                 | 17        |           |
| Phytosterols.....mg                      |                                       |            |                   |               |                |                    |                                    |           |           |
| Amino Acids:                             |                                       |            |                   |               |                |                    |                                    |           |           |
| Tryptophan.....g                         | 0.352                                 |            | 0                 |               | 1              |                    | 0.042                              | 0.070     |           |
| Threonine.....g                          | 1.274                                 |            | 0                 |               | 1              |                    | 0.153                              | 0.255     |           |
| Isoleucine.....g                         | 1.592                                 |            | 0                 |               | 1              |                    | 0.191                              | 0.318     |           |
| Leucine.....g                            | 2.262                                 |            | 0                 |               | 1              |                    | 0.271                              | 0.452     |           |
| Lysine.....g                             | 2.562                                 |            | 0                 |               | 1              |                    | 0.307                              | 0.512     |           |
| Methionine.....g                         | 0.835                                 |            | 0                 |               | 1              |                    | 0.100                              | 0.167     |           |
| Cystine.....g                            | 0.386                                 |            | 0                 |               | 1              |                    | 0.046                              | 0.077     |           |
| Phenylalanine.....g                      | 1.196                                 |            | 0                 |               | 1              |                    | 0.144                              | 0.239     |           |
| Tyrosine.....g                           | 1.018                                 |            | 0                 |               | 1              |                    | 0.122                              | 0.204     |           |
| Valine.....g                             | 1.496                                 |            | 0                 |               | 1              |                    | 0.180                              | 0.299     |           |
| Arginine.....g                           | 1.819                                 |            | 0                 |               | 1              |                    | 0.218                              | 0.364     |           |
| Histidine.....g                          | 0.936                                 |            | 0                 |               | 1              |                    | 0.112                              | 0.187     |           |
| Alanine.....g                            | 1.645                                 |            | 0                 |               | 1              |                    | 0.197                              | 0.329     |           |
| Aspartic acid.....g                      | 2.687                                 |            | 0                 |               | 1              |                    | 0.322                              | 0.537     |           |
| Glutamic acid.....g                      | 4.516                                 |            | 0                 |               | 1              |                    | 0.542                              | 0.903     |           |
| Glycine.....g                            | 1.481                                 |            | 0                 |               | 1              |                    | 0.178                              | 0.296     |           |
| Proline.....g                            | 1.240                                 |            | 0                 |               | 1              |                    | 0.149                              | 0.248     |           |
| Serine.....g                             | 1.038                                 |            | 0                 |               | 1              |                    | 0.125                              | 0.208     |           |
| Hydroxyproline.....g                     |                                       |            |                   |               |                |                    |                                    |           |           |

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

#### Common Measures:

Measure 1 = 12.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05107

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.610                                 |            | 0              |            | 1           |   | 0.339     | 0.548     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.300                                 |            | 0              |            | 1           |   | 0.039     | 0.063     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.210                                 |            | 0              |            | 1           |   | 0.287     | 0.464     |           |
| 20:1.....g                               | 0.050                                 |            | 0              |            | 1           |   | 0.007     | 0.011     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.780                                 |            | 0              |            | 1           |   | 0.231     | 0.374     |           |
| 18:2 undifferentiated.....g              | 1.290                                 |            | 0              |            | 1           |   | 0.168     | 0.271     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0              |            | 1           |   | 0.008     | 0.013     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0              |            | 1           |   | 0.022     | 0.036     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.003     | 0.004     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0              |            | 1           |   | 0.005     | 0.008     |           |
| 22:6 n-3.....g                           | 0.070                                 |            | 0              |            | 1           |   | 0.009     | 0.015     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 85                                    |            | 0              |            | 1           |   | 11        | 18        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.356                                 |            | 0              |            | 1           |   | 0.046     | 0.075     |           |
| Threonine.....g                          | 1.286                                 |            | 0              |            | 1           |   | 0.167     | 0.270     |           |
| Isoleucine.....g                         | 1.608                                 |            | 0              |            | 1           |   | 0.209     | 0.338     |           |
| Leucine.....g                            | 2.285                                 |            | 0              |            | 1           |   | 0.297     | 0.480     |           |
| Lysine.....g                             | 2.588                                 |            | 0              |            | 1           |   | 0.336     | 0.543     |           |
| Methionine.....g                         | 0.843                                 |            | 0              |            | 1           |   | 0.110     | 0.177     |           |
| Cystine.....g                            | 0.390                                 |            | 0              |            | 1           |   | 0.051     | 0.082     |           |
| Phenylalanine.....g                      | 1.209                                 |            | 0              |            | 1           |   | 0.157     | 0.254     |           |
| Tyrosine.....g                           | 1.028                                 |            | 0              |            | 1           |   | 0.134     | 0.216     |           |
| Valine.....g                             | 1.511                                 |            | 0              |            | 1           |   | 0.196     | 0.317     |           |
| Arginine.....g                           | 1.837                                 |            | 0              |            | 1           |   | 0.239     | 0.386     |           |
| Histidine.....g                          | 0.945                                 |            | 0              |            | 1           |   | 0.123     | 0.198     |           |
| Alanine.....g                            | 1.662                                 |            | 0              |            | 1           |   | 0.216     | 0.349     |           |
| Aspartic acid.....g                      | 2.714                                 |            | 0              |            | 1           |   | 0.353     | 0.570     |           |
| Glutamic acid.....g                      | 4.561                                 |            | 0              |            | 1           |   | 0.593     | 0.958     |           |
| Glycine.....g                            | 1.496                                 |            | 0              |            | 1           |   | 0.194     | 0.314     |           |
| Proline.....g                            | 1.252                                 |            | 0              |            | 1           |   | 0.163     | 0.263     |           |
| Serine.....g                             | 1.048                                 |            | 0              |            | 1           |   | 0.136     | 0.220     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 21g: 1 wing, bone and skin removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05108

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               | Amount in edible portion of common |                    |                               |
|--|---------------------------------------|------------|--------------------------|---------------|------------------------------------|--------------------|-------------------------------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code                     | Confidence<br>Code | measures of food              |
|  |                                       |            |                          |               |                                    |                    |                               |
|  |                                       |            |                          |               |                                    |                    | Measure 1 Measure 2 Measure 3 |
| Fatty acids, total monounsaturated.....g | 2.310                                 |            | 0                        |               | 1                                  |                    | 3.234 0.323 0.554             |
| 14:1.....g                               |                                       |            |                          |               |                                    |                    |                               |
| 15:1.....g                               |                                       |            |                          |               |                                    |                    |                               |
| 16:1 undifferentiated.....g              | 0.270                                 |            | 0                        |               | 1                                  |                    | 0.378 0.038 0.065             |
| 17:1.....g                               |                                       |            |                          |               |                                    |                    |                               |
| 18:1 undifferentiated.....g              | 1.950                                 |            | 0                        |               | 1                                  |                    | 2.730 0.273 0.468             |
| 20:1.....g                               | 0.040                                 |            | 0                        |               | 1                                  |                    | 0.056 0.006 0.010             |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 1                                  |                    | 0.000 0.000 0.000             |
| 24:1 c.....g                             |                                       |            |                          |               |                                    |                    |                               |
| Fatty acids, total polyunsaturated.....g | 1.570                                 |            | 0                        |               | 1                                  |                    | 2.198 0.220 0.377             |
| 18:2 undifferentiated.....g              | 1.140                                 |            | 0                        |               | 1                                  |                    | 1.596 0.160 0.274             |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0                        |               | 1                                  |                    | 0.070 0.007 0.012             |
| 18:4.....g                               | 0.000                                 |            | 0                        |               | 1                                  |                    | 0.000 0.000 0.000             |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                                    |                    |                               |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                                    |                    |                               |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0                        |               | 1                                  |                    | 0.210 0.021 0.036             |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                        |               | 1                                  |                    | 0.014 0.001 0.002             |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                        |               | 1                                  |                    | 0.056 0.006 0.010             |
| 22:6 n-3.....g                           | 0.060                                 |            | 0                        |               | 1                                  |                    | 0.084 0.008 0.014             |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                                    |                    |                               |
| Cholesterol.....mg                       | 74                                    |            | 0                        |               | 1                                  |                    | 104 10 18                     |
| Phytosterols.....mg                      |                                       |            |                          |               |                                    |                    |                               |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                                    |                    |                               |
| 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                     |                                       |            |                          |               |                                    |                    |                               |
| <b>Others:</b>                           |                                       |            |                          |               |                                    |                    |                               |
| 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                         |
| <b>Carotenoids:</b>                      |                                       |            |                          |               |                                    |                    |                               |
| Carotene, beta.....mcg                   | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Lycopene.....mcg                         | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |

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

#### Common Measures:

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

Measure 2 = 14.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 24g: 1 wing, bone and skin removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05105

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                             |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 0.850                                 |            | 0                           |               | 1              |                    | 0.145                              | 0.247     |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 | 0.005      | 27                          |               | 1              |                    | 0.014                              | 0.023     |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 0.730                                 | 0.028      | 27                          |               | 1              |                    | 0.124                              | 0.212     |           |
| 20:1.....g                               | 0.010                                 | 0.006      | 4                           |               | 1              |                    | 0.002                              | 0.003     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 0.800                                 |            | 0                           |               | 1              |                    | 0.136                              | 0.232     |           |
| 18:2 undifferentiated.....g              | 0.470                                 | 0.020      | 27                          |               | 1              |                    | 0.080                              | 0.136     |           |
| 18:3 undifferentiated.....g              | 0.020                                 | 0.002      | 15                          |               | 1              |                    | 0.003                              | 0.006     |           |
| 18:4.....g                               | 0.000                                 |            | 0                           | Z             | 7              |                    | 0.000                              | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 | 0.007      | 26                          |               | 1              |                    | 0.020                              | 0.035     |           |
| 20:5 n-3.....g                           | 0.010                                 | 0.001      | 13                          |               | 1              |                    | 0.002                              | 0.003     |           |
| 22:5 n-3.....g                           | 0.030                                 | 0.005      | 13                          |               | 1              |                    | 0.005                              | 0.009     |           |
| 22:6 n-3.....g                           | 0.050                                 | 0.009      | 12                          |               | 1              |                    | 0.009                              | 0.015     |           |
| Fatty acids, total trans.....g           | 0.070                                 |            | 0                           | BFFN          | 4              |                    | 0.012                              | 0.020     |           |
| Cholesterol.....mg                       | 57                                    |            | 0                           |               | 1              |                    | 10                                 | 17        |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                             |               |                |                    |                                    |           |           |
| 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                     |                                       |            |                             |               |                |                    |                                    |           |           |
| <b>Others:</b>                           |                                       |            |                             |               |                |                    |                                    |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                           | Z             | 7              |                    | 0.000                              | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                           | Z             | 7              |                    | 0.000                              | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                           | Z             | 7              |                    | 0.000                              | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                           | Z             | 7              |                    | 0.000                              | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                           | Z             | 7              |                    | 0.000                              | 0.000     |           |

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

**Common Measures:**

Measure 1 = 17g: 1 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 29g: 1 wing, bone and skin removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05277

Chicken, canned, meat only, with broth

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.150                                 |            | 0       |       | 1      |   | 4.473     |           |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.440                                 |            | 0       |       | 1      |   | 0.625     |           |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.590                                 |            | 0       |       | 1      |   | 3.678     |           |           |
| 20:1.....g                               | 0.080                                 |            | 0       |       | 1      |   | 0.114     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 1      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.750                                 |            | 0       |       | 1      |   | 2.485     |           |           |
| 18:2 undifferentiated.....g              | 1.510                                 |            | 0       |       | 1      |   | 2.144     |           |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0       |       | 1      |   | 0.099     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0       |       | 1      |   | 0.000     |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 0       |       | 1      |   | 0.099     |           |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.014     |           |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.014     |           |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.028     |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 62                                    |            | 0       |       | 4      |   | 88        |           |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |         |       |        |   |           |           |           |
| 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                     |                                       |            |         |       |        |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |         |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0       |       | 7      |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0       | Z     | 7      |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0       | Z     | 7      |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |         |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0       | Z     | 7      |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0       | Z     | 7      |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0       | Z     | 7      |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0       | Z     | 7      |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0       | Z     | 7      |   | 0.000     |           |           |

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

**Common Measures:**

Measure 1 = 142g: 1 can (5 oz)

**NDB No. 05277**  
**Chicken, canned, meat only, with broth**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

[illegible]

**NDB No. 05311**  
**Chicken, canned, no broth**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        | Code  |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.279                                 |            |         |       | 4      |   | 6.722     | 4.099     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.465                                 |            |         |       | 4      |   | 0.953     | 0.581     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.730                                 |            |         |       | 4      |   | 5.597     | 3.413     |           |
| 20:1.....g                               | 0.084                                 |            |         |       | 4      |   | 0.172     | 0.105     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |         |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.978                                 |            |         |       | 4      |   | 4.055     | 2.473     |           |
| 18:2 undifferentiated.....g              | 1.597                                 |            |         |       | 4      |   | 3.274     | 1.996     |           |
| 18:3 undifferentiated.....g              | 0.074                                 |            |         |       | 4      |   | 0.152     | 0.093     |           |
| 18:4.....g                               | 0.000                                 |            |         |       | 4      |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.074                                 |            |         |       | 4      |   | 0.152     | 0.093     |           |
| 20:5 n-3.....g                           | 0.011                                 |            |         |       | 4      |   | 0.023     | 0.014     |           |
| 22:5 n-3.....g                           | 0.011                                 |            |         |       | 4      |   | 0.023     | 0.014     |           |
| 22:6 n-3.....g                           | 0.211                                 |            |         |       | 4      |   | 0.433     | 0.264     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 50                                    |            |         |       | 4      |   | 103       | 63        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |         |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |         |       | 7      |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0       | Z     | 7      |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0       | Z     | 7      |   | 0         | 0         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |         |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0       | Z     | 7      |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0       | Z     | 7      |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0       | Z     | 7      |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0       | Z     | 7      |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0       | Z     | 7      |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 125g: 1 can (5 oz) yields

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



### Chicken, capons, giblets, cooked, simmered

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 13                                    |            | 0                     |            | 1   |                 | 19        | 1         |           |
| Iron, Fe.....mg                       | 6.80                                  |            | 0                     |            | 1   |                 | 9.86      | 0.75      |           |
| Magnesium, Mg.....mg                  | 20                                    |            | 0                     |            | 1   |                 | 29        | 2         |           |
| Phosphorus, P.....mg                  | 235                                   |            | 0                     |            | 1   |                 | 341       | 26        |           |
| Potassium, K.....mg                   | 153                                   |            | 0                     |            | 1   |                 | 222       | 17        |           |
| Sodium, Na.....mg                     | 55                                    |            | 0                     |            | 1   |                 | 80        | 6         |           |
| Zinc, Zn.....mg                       | 4.67                                  |            | 0                     |            | 1   |                 | 6.77      | 0.51      |           |
| Copper, Cu.....mg                     | 0.294                                 |            | 0                     |            | 1   |                 | 0.426     | 0.032     |           |
| Manganese, Mn.....mg                  | 0.192                                 |            | 0                     |            | 1   |                 | 0.278     | 0.021     |           |
| Selenium, Se.....mcg                  | 95.0                                  |            | 0                     | BFNN       | 4   |                 | 137.8     | 10.5      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 9.0                                   |            | 0                     |            | 1   |                 | 13.1      | 1.0       |           |
| Thiamin.....mg                        | 0.095                                 |            | 0                     |            | 1   |                 | 0.138     | 0.010     |           |
| Riboflavin.....mg                     | 1.061                                 |            | 0                     |            | 1   |                 | 1.538     | 0.117     |           |
| Niacin.....mg                         | 4.120                                 |            | 0                     |            | 1   |                 | 5.974     | 0.453     |           |
| Pantothenic acid.....mg               | 3.296                                 |            | 0                     |            | 1   |                 | 4.779     | 0.363     |           |
| Vitamin B-6.....mg                    | 0.380                                 |            | 0                     |            | 1   |                 | 0.551     | 0.042     |           |
| Folate, total.....mcg                 | 414                                   |            | 0                     |            | 1   |                 | 600       | 46        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 414                                   |            | 0                     |            | 1   |                 | 600       | 46        |           |
| Folate, DFE.....mcg_DFE               | 414                                   |            | 0                     | NC         | 4   |                 | 600       | 46        |           |
| Vitamin B-12.....mcg                  | 1.14                                  |            | 0                     |            | 1   |                 | 1.65      | 0.13      |           |
| Vitamin A, IU.....IU                  | 13266                                 |            | 0                     |            | 1   |                 | 19236     | 1459      |           |
| Vitamin A, RAE.....mcg_RAE            | 3984                                  |            | 0                     |            | 1   |                 | 5776      | 438       |           |
| Retinol.....mcg                       | 3984                                  |            | 0                     |            | 1   |                 | 5776      | 438       |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| 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                            |                                       |            |                       |            |   |                 |           |           |           |

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.370                                 |            | 0                     |            | 1           |   | 1.987     | 0.151     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.180                                 |            | 0                     |            | 1           |   | 0.261     | 0.020     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.180                                 |            | 0                     |            | 1           |   | 1.711     | 0.130     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.001     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.130                                 |            | 0                     |            | 1           |   | 1.639     | 0.124     |           |
| 18:2 undifferentiated.....g              | 0.750                                 |            | 0                     |            | 1           |   | 1.088     | 0.083     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.029     | 0.002     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.250                                 |            | 0                     |            | 1           |   | 0.363     | 0.028     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.029     | 0.002     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.001     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                     |            | 1           |   | 0.073     | 0.006     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 434                                   |            | 0                     |            | 1           |   | 629       | 48        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.313                                 |            | 0                     |            | 1           |   | 0.454     | 0.034     |           |
| Threonine.....g                          | 1.193                                 |            | 0                     |            | 1           |   | 1.730     | 0.131     |           |
| Isoleucine.....g                         | 1.339                                 |            | 0                     |            | 1           |   | 1.942     | 0.147     |           |
| Leucine.....g                            | 2.158                                 |            | 0                     |            | 1           |   | 3.129     | 0.237     |           |
| Lysine.....g                             | 1.942                                 |            | 0                     |            | 1           |   | 2.816     | 0.214     |           |
| Methionine.....g                         | 0.654                                 |            | 0                     |            | 1           |   | 0.948     | 0.072     |           |
| Cystine.....g                            | 0.352                                 |            | 0                     |            | 1           |   | 0.510     | 0.039     |           |
| Phenylalanine.....g                      | 1.215                                 |            | 0                     |            | 1           |   | 1.762     | 0.134     |           |
| Tyrosine.....g                           | 0.878                                 |            | 0                     |            | 1           |   | 1.273     | 0.097     |           |
| Valine.....g                             | 1.453                                 |            | 0                     |            | 1           |   | 2.107     | 0.160     |           |
| Arginine.....g                           | 1.738                                 |            | 0                     |            | 1           |   | 2.520     | 0.191     |           |
| Histidine.....g                          | 0.631                                 |            | 0                     |            | 1           |   | 0.915     | 0.069     |           |
| Alanine.....g                            | 1.339                                 |            | 0                     |            | 1           |   | 1.942     | 0.147     |           |
| Aspartic acid.....g                      | 2.480                                 |            | 0                     |            | 1           |   | 3.596     | 0.273     |           |
| Glutamic acid.....g                      | 3.907                                 |            | 0                     |            | 1           |   | 5.665     | 0.430     |           |
| Glycine.....g                            | 1.467                                 |            | 0                     |            | 1           |   | 2.127     | 0.161     |           |
| Proline.....g                            | 1.338                                 |            | 0                     |            | 1           |   | 1.940     | 0.147     |           |
| Serine.....g                             | 1.150                                 |            | 0                     |            | 1           |   | 1.668     | 0.127     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

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

Measure 2 = 11.0g: 1 unit (yield from 1 lb ready-to cook capon)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

[illegible]

**NDB No. 05137**  
**Chicken, capons, giblets, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.320                                 |            | 0                     |            | 1           |   | 1.518     | 0.238     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.180                                 |            | 0                     |            | 1           |   | 0.207     | 0.032     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.120                                 |            | 0                     |            | 1           |   | 1.288     | 0.202     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.012     | 0.002     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.190                                 |            | 0                     |            | 1           |   | 1.369     | 0.214     |           |
| 18:2 undifferentiated.....g              | 0.810                                 |            | 0                     |            | 1           |   | 0.932     | 0.146     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0                     |            | 1           |   | 0.035     | 0.005     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.280                                 |            | 0                     |            | 1           |   | 0.322     | 0.050     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.012     | 0.002     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1           |   | 0.046     | 0.007     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 292                                   |            | 0                     |            | 1           |   | 336       | 53        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.217                                 |            | 0                     |            | 1           |   | 0.250     | 0.039     |           |
| Threonine.....g                          | 0.826                                 |            | 0                     |            | 1           |   | 0.950     | 0.149     |           |
| Isoleucine.....g                         | 0.927                                 |            | 0                     |            | 1           |   | 1.066     | 0.167     |           |
| Leucine.....g                            | 1.496                                 |            | 0                     |            | 1           |   | 1.720     | 0.269     |           |
| Lysine.....g                             | 1.346                                 |            | 0                     |            | 1           |   | 1.548     | 0.242     |           |
| Methionine.....g                         | 0.452                                 |            | 0                     |            | 1           |   | 0.520     | 0.081     |           |
| Cystine.....g                            | 0.243                                 |            | 0                     |            | 1           |   | 0.279     | 0.044     |           |
| Phenylalanine.....g                      | 0.841                                 |            | 0                     |            | 1           |   | 0.967     | 0.151     |           |
| Tyrosine.....g                           | 0.609                                 |            | 0                     |            | 1           |   | 0.700     | 0.110     |           |
| Valine.....g                             | 1.007                                 |            | 0                     |            | 1           |   | 1.158     | 0.181     |           |
| Arginine.....g                           | 1.203                                 |            | 0                     |            | 1           |   | 1.383     | 0.217     |           |
| Histidine.....g                          | 0.437                                 |            | 0                     |            | 1           |   | 0.503     | 0.079     |           |
| Alanine.....g                            | 0.930                                 |            | 0                     |            | 1           |   | 1.070     | 0.167     |           |
| Aspartic acid.....g                      | 1.718                                 |            | 0                     |            | 1           |   | 1.976     | 0.309     |           |
| Glutamic acid.....g                      | 2.703                                 |            | 0                     |            | 1           |   | 3.108     | 0.487     |           |
| Glycine.....g                            | 1.016                                 |            | 0                     |            | 1           |   | 1.168     | 0.183     |           |
| Proline.....g                            | 0.926                                 |            | 0                     |            | 1           |   | 1.065     | 0.167     |           |
| Serine.....g                             | 0.796                                 |            | 0                     |            | 1           |   | 0.915     | 0.143     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 115g: 1 giblets

Measure 2 = 18g: 1 unit (yield from 1 lb ready-to cook capon)

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**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 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 59.25                                 |            | 0                     |            | 1   |                 | 840.17    | 129.17    |           |
| Energy.....kcal                       | 226                                   |            | 0                     | NC         | 4   |                 | 3205      | 493       |           |
| Energy.....kj                         | 946                                   |            |                       |            | 4   |                 | 13408     | 2061      |           |
| Protein (N x 6.25).....g              | 28.35                                 |            | 0                     |            | 1   |                 | 402.00    | 61.80     |           |
| Total lipid (fat).....g               | 11.67                                 |            | 0                     |            | 1   |                 | 165.48    | 25.44     |           |
| Ash.....g                             | 1.01                                  |            | 0                     |            | 1   |                 | 14.32     | 2.20      |           |
| Carbohydrate, by difference.....g     | 0.04                                  |            | 0                     | NC         | 4   |                 | 0.57      | 0.09      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 15                                    |            | 0                     |            | 1   |                 | 213       | 33        |           |
| Iron, Fe.....mg                       | 1.79                                  |            | 0                     |            | 1   |                 | 25.38     | 3.90      |           |
| Magnesium, Mg.....mg                  | 23                                    |            | 0                     |            | 1   |                 | 326       | 50        |           |
| Phosphorus, P.....mg                  | 239                                   |            | 0                     |            | 1   |                 | 3389      | 521       |           |
| Potassium, K.....mg                   | 243                                   |            | 0                     |            | 1   |                 | 3446      | 530       |           |
| Sodium, Na.....mg                     | 50                                    |            | 0                     |            | 1   |                 | 709       | 109       |           |
| Zinc, Zn.....mg                       | 1.94                                  |            | 0                     |            | 1   |                 | 27.51     | 4.23      |           |
| Copper, Cu.....mg                     | 0.081                                 |            | 0                     |            | 1   |                 | 1.149     | 0.177     |           |
| Manganese, Mn.....mg                  | 0.031                                 |            | 0                     |            | 1   |                 | 0.440     | 0.068     |           |
| Selenium, Se.....mcg                  | 19.3                                  |            | 0                     | BFYN       | 4   |                 | 273.7     | 42.1      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.4                                   |            | 0                     |            | 1   |                 | 5.7       | 0.9       |           |
| Thiamin.....mg                        | 0.070                                 |            | 0                     |            | 1   |                 | 0.993     | 0.153     |           |
| Riboflavin.....mg                     | 0.219                                 |            | 0                     |            | 1   |                 | 3.105     | 0.477     |           |
| Niacin.....mg                         | 8.415                                 |            | 0                     |            | 1   |                 | 119.325   | 18.345    |           |
| Pantothenic acid.....mg               | 1.184                                 |            | 0                     |            | 1   |                 | 16.789    | 2.581     |           |
| Vitamin B-6.....mg                    | 0.410                                 |            | 0                     |            | 1   |                 | 5.814     | 0.894     |           |
| Folate, total.....mcg                 | 26                                    |            | 0                     |            | 1   |                 | 369       | 57        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 26                                    |            | 0                     |            | 1   |                 | 369       | 57        |           |
| Folate, DFE.....mcg_DFE               | 26                                    |            | 0                     | NC         | 4   |                 | 369       | 57        |           |
| Vitamin B-12.....mcg                  | 0.36                                  |            | 0                     |            | 1   |                 | 5.10      | 0.78      |           |
| Vitamin A, IU.....IU                  | 734                                   |            | 0                     |            | 1   |                 | 10408     | 1600      |           |
| Vitamin A, RAE.....mcg_RAE            | 220                                   |            | 0                     |            | 1   |                 | 3126      | 481       |           |
| Retinol.....mcg                       | 220                                   |            | 0                     |            | 1   |                 | 3126      | 481       |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 3.280                                 |            | 0                     |            | 1   |                 | 46.510    | 7.150     |           |
| 4:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 6:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 8:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0                     |            | 1   |                 | 0.142     | 0.022     |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.090                                 |            | 0                     |            | 1   |                 | 1.276     | 0.196     |           |
| 15:0.....g</                          |                                       |            |                       |            |   |                 |           |           |           |

**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         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.710                                 |            | 0              |       | 1   |            | 66.788    | 10.268    |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 0.650                                 |            | 0              |       | 1   |            | 9.217     | 1.417     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 3.880                                 |            | 0              |       | 1   |            | 55.018    | 8.458     |           |
| 20:1.....g                               | 0.120                                 |            | 0              |       | 1   |            | 1.702     | 0.262     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.520                                 |            | 0              |       | 1   |            | 35.734    | 5.494     |           |
| 18:2 undifferentiated.....g              | 2.220                                 |            | 0              |       | 1   |            | 31.480    | 4.840     |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0              |       | 1   |            | 1.418     | 0.218     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0              |       | 1   |            | 1.276     | 0.196     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |       | 1   |            | 0.142     | 0.022     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |       | 1   |            | 0.142     | 0.022     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |       | 1   |            | 0.425     | 0.065     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 103                                   |            | 0              |       | 1   |            | 1461      | 225       |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |   |            |           |           |           |
| Tryptophan.....g                         | 0.318                                 |            | 0              |       | 1   |            | 4.509     | 0.693     |           |
| Threonine.....g                          | 1.178                                 |            | 0              |       | 1   |            | 16.704    | 2.568     |           |
| Isoleucine.....g                         | 1.419                                 |            | 0              |       | 1   |            | 20.121    | 3.093     |           |
| Leucine.....g                            | 2.077                                 |            | 0              |       | 1   |            | 29.452    | 4.528     |           |
| Lysine.....g                             | 2.302                                 |            | 0              |       | 1   |            | 32.642    | 5.018     |           |
| Methionine.....g                         | 0.753                                 |            | 0              |       | 1   |            | 10.678    | 1.642     |           |
| Cystine.....g                            | 0.377                                 |            | 0              |       | 1   |            | 5.346     | 0.822     |           |
| Phenylalanine.....g                      | 1.112                                 |            | 0              |       | 1   |            | 15.768    | 2.424     |           |
| Tyrosine.....g                           | 0.916                                 |            | 0              |       | 1   |            | 12.989    | 1.997     |           |
| Valine.....g                             | 1.386                                 |            | 0              |       | 1   |            | 19.653    | 3.021     |           |
| Arginine.....g                           | 1.777                                 |            | 0              |       | 1   |            | 25.198    | 3.874     |           |
| Histidine.....g                          | 0.828                                 |            | 0              |       | 1   |            | 11.741    | 1.805     |           |
| Alanine.....g                            | 1.637                                 |            | 0              |       | 1   |            | 23.213    | 3.569     |           |
| Aspartic acid.....g                      | 2.534                                 |            | 0              |       | 1   |            | 35.932    | 5.524     |           |
| Glutamic acid.....g                      | 4.151                                 |            | 0              |       | 1   |            | 58.861    | 9.049     |           |
| Glycine.....g                            | 1.799                                 |            | 0              |       | 1   |            | 25.510    | 3.922     |           |
| Proline.....g                            | 1.366                                 |            | 0              |       | 1   |            | 19.370    | 2.978     |           |
| Serine.....g                             | 1.009                                 |            | 0              |       | 1   |            | 14.308    | 2.200     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |   |            |           |           |           |

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

**Common Measures:**

Measure 1 = 1418g: 1 capon

Measure 2 = 218g: 1 unit (yield from 1 lb ready-to cook capon)

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05133

Chicken, capons, meat and skin and giblets and neck, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 7.160                                 |            | 0              |            | 1           |                 | 154.083   |           |           |
| 14:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.950                                 |            | 0              |            | 1           |                 | 20.444  |           |           |
| 17:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 5.930                                 |            | 0              |            | 1           |                 | 127.614   |           |           |
| 20:1.....g                               | 0.180                                 |            | 0              |            | 1           |                 | 3.874   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.600                                 |            | 0              |            | 1           |                 | 77.472  |           |           |
| 18:2 undifferentiated.....g              | 3.250                                 |            | 0              |            | 1           |                 | 69.940  |           |           |
| 18:3 undifferentiated.....g              | 0.160                                 |            | 0              |            | 1           |                 | 3.443   |           |           |
| 18:4.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 0              |            | 1           |                 | 1.506   |           |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |                 | 0.215   |           |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |                 | 0.215   |           |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |                 | 0.430   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 87                                    |            | 0              |            | 1           |                 | 1872  |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |                 |   |           |           |
| Amino Acids:                             |                                       |            |                |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.209                                 |            | 0              |            | 1           |                 | 4.498   |           |           |
| Threonine.....g                          | 0.776                                 |            | 0              |            | 1           |                 | 16.700  |           |           |
| Isoleucine.....g                         | 0.934                                 |            | 0              |            | 1           |                 | 20.100  |           |           |
| Leucine.....g                            | 1.369                                 |            | 0              |            | 1           |                 | 29.461  |           |           |
| Lysine.....g                             | 1.514                                 |            | 0              |            | 1           |                 | 32.581  |           |           |
| Methionine.....g                         | 0.495                                 |            | 0              |            | 1           |                 | 10.652  |           |           |
| Cystine.....g                            | 0.248                                 |            | 0              |            | 1           |                 | 5.337   |           |           |
| Phenylalanine.....g                      | 0.733                                 |            | 0              |            | 1           |                 | 15.774  |           |           |
| Tyrosine.....g                           | 0.603                                 |            | 0              |            | 1           |                 | 12.977  |           |           |
| Valine.....g                             | 0.913                                 |            | 0              |            | 1           |                 | 19.648  |           |           |
| Arginine.....g                           | 1.172                                 |            | 0              |            | 1           |                 | 25.221  |           |           |
| Histidine.....g                          | 0.545                                 |            | 0              |            | 1           |                 | 11.728  |           |           |
| Alanine.....g                            | 1.079                                 |            | 0              |            | 1           |                 | 23.220  |           |           |
| Aspartic acid.....g                      | 1.670                                 |            | 0              |            | 1           |                 | 35.938  |           |           |
| Glutamic acid.....g                      | 2.733                                 |            | 0              |            | 1           |                 | 58.814  |           |           |
| Glycine.....g                            | 1.189                                 |            | 0              |            | 1           |                 | 25.587  |           |           |
| Proline.....g                            | 0.902                                 |            | 0              |            | 1           |                 | 19.411  |           |           |
| Serine.....g                             | 0.666                                 |            | 0              |            | 1           |                 | 14.332  |           |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |                 |   |           |           |

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

#### Common Measures:

Measure 1 = 2152g: 1 capon

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.750                                 |            | 0              |            | 1           |   | 30.258    | 9.310     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.660                                 |            | 0              |            | 1           |   | 4.204     | 1.294     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.910                                 |            | 0              |            | 1           |   | 24.907    | 7.664     |           |
| 20:1.....g                               | 0.130                                 |            | 0              |            | 1           |   | 0.828     | 0.255     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.520                                 |            | 0              |            | 1           |   | 16.052    | 4.939     |           |
| 18:2 undifferentiated.....g              | 2.220                                 |            | 0              |            | 1           |   | 14.141    | 4.351     |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0              |            | 1           |   | 0.637     | 0.196     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0              |            | 1           |   | 0.510     | 0.157     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.064     | 0.020     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.064     | 0.020     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.191     | 0.059     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 86                                    |            | 0              |            | 1           |   | 548       | 169       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.325                                 |            | 0              |            | 1           |   | 2.070     | 0.637     |           |
| Threonine.....g                          | 1.200                                 |            | 0              |            | 1           |   | 7.644     | 2.352     |           |
| Isoleucine.....g                         | 1.455                                 |            | 0              |            | 1           |   | 9.268     | 2.852     |           |
| Leucine.....g                            | 2.115                                 |            | 0              |            | 1           |   | 13.473    | 4.145     |           |
| Lysine.....g                             | 2.370                                 |            | 0              |            | 1           |   | 15.097    | 4.645     |           |
| Methionine.....g                         | 0.774                                 |            | 0              |            | 1           |   | 4.930     | 1.517     |           |
| Cystine.....g                            | 0.384                                 |            | 0              |            | 1           |   | 2.446     | 0.753     |           |
| Phenylalanine.....g                      | 1.128                                 |            | 0              |            | 1           |   | 7.185     | 2.211     |           |
| Tyrosine.....g                           | 0.938                                 |            | 0              |            | 1           |   | 5.975     | 1.838     |           |
| Valine.....g                             | 1.409                                 |            | 0              |            | 1           |   | 8.975     | 2.762     |           |
| Arginine.....g                           | 1.806                                 |            | 0              |            | 1           |   | 11.504    | 3.540     |           |
| Histidine.....g                          | 0.857                                 |            | 0              |            | 1           |   | 5.459     | 1.680     |           |
| Alanine.....g                            | 1.674                                 |            | 0              |            | 1           |   | 10.663    | 3.281     |           |
| Aspartic acid.....g                      | 2.582                                 |            | 0              |            | 1           |   | 16.447    | 5.061     |           |
| Glutamic acid.....g                      | 4.246                                 |            | 0              |            | 1           |   | 27.047    | 8.322     |           |
| Glycine.....g                            | 1.815                                 |            | 0              |            | 1           |   | 11.562    | 3.557     |           |
| Proline.....g                            | 1.376                                 |            | 0              |            | 1           |   | 8.765     | 2.697     |           |
| Serine.....g                             | 1.018                                 |            | 0              |            | 1           |   | 6.485     | 1.995     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 637g: .5 capon, bone removed

Measure 2 = 196g: 1 unit (yield from 1 lb ready-to cook capon)

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05135

Chicken, capons, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 7.310                                 |            | 0              |            | 1           |   | 70.468    | 21.711    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.970                                 |            | 0              |            | 1           |   | 9.351     | 2.881     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.070                                 |            | 0              |            | 1           |   | 58.515    | 18.028    |           |
| 20:1.....g                               | 0.180                                 |            | 0              |            | 1           |   | 1.735     | 0.535     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.620                                 |            | 0              |            | 1           |   | 34.897    | 10.751    |           |
| 18:2 undifferentiated.....g              | 3.300                                 |            | 0              |            | 1           |   | 31.812    | 9.801     |           |
| 18:3 undifferentiated.....g              | 0.160                                 |            | 0              |            | 1           |   | 1.542     | 0.475     |           |
| 18:4.....g                               | 0.000                                 |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0              |            | 1           |   | 0.578     | 0.178     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.096     | 0.030     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.096     | 0.030     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.193     | 0.059     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 75                                    |            | 0              |            | 1           |   | 723       | 223       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.213                                 |            | 0              |            | 1           |   | 2.053     | 0.633     |           |
| Threonine.....g                          | 0.786                                 |            | 0              |            | 1           |   | 7.577     | 2.334     |           |
| Isoleucine.....g                         | 0.954                                 |            | 0              |            | 1           |   | 9.197     | 2.833     |           |
| Leucine.....g                            | 1.386                                 |            | 0              |            | 1           |   | 13.361    | 4.116     |           |
| Lysine.....g                             | 1.553                                 |            | 0              |            | 1           |   | 14.971    | 4.612     |           |
| Methionine.....g                         | 0.507                                 |            | 0              |            | 1           |   | 4.887     | 1.506     |           |
| Cystine.....g                            | 0.251                                 |            | 0              |            | 1           |   | 2.420     | 0.745     |           |
| Phenylalanine.....g                      | 0.739                                 |            | 0              |            | 1           |   | 7.124     | 2.195     |           |
| Tyrosine.....g                           | 0.615                                 |            | 0              |            | 1           |   | 5.929     | 1.827     |           |
| Valine.....g                             | 0.923                                 |            | 0              |            | 1           |   | 8.898     | 2.741     |           |
| Arginine.....g                           | 1.181                                 |            | 0              |            | 1           |   | 11.385    | 3.508     |           |
| Histidine.....g                          | 0.562                                 |            | 0              |            | 1           |   | 5.418     | 1.669     |           |
| Alanine.....g                            | 1.094                                 |            | 0              |            | 1           |   | 10.546    | 3.249     |           |
| Aspartic acid.....g                      | 1.690                                 |            | 0              |            | 1           |   | 16.292    | 5.019     |           |
| Glutamic acid.....g                      | 2.781                                 |            | 0              |            | 1           |   | 26.809    | 8.260     |           |
| Glycine.....g                            | 1.181                                 |            | 0              |            | 1           |   | 11.385    | 3.508     |           |
| Proline.....g                            | 0.897                                 |            | 0              |            | 1           |   | 8.647     | 2.664     |           |
| Serine.....g                             | 0.666                                 |            | 0              |            | 1           |   | 6.420     | 1.978     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | z          | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 964g: .5 capon, bone removed

Measure 2 = 297g: 1 unit (yield from 1 lb ready-to cook capon)

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05308

Chicken, cornish game hens, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 8.000                                 |            | 0              |            | 1           |   | 20.560    | 10.320    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.250                                 |            | 0              |            | 1           |   | 3.213     | 1.613     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.640                                 |            | 0              |            | 1           |   | 17.065    | 8.566     |           |
| 20:1.....g                               | 0.070                                 |            | 0              |            | 1           |   | 0.180     | 0.090     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.600                                 |            | 0              |            | 1           |   | 9.252     | 4.644     |           |
| 18:2 undifferentiated.....g              | 3.200                                 |            | 0              |            | 1           |   | 8.224     | 4.128     |           |
| 18:3 undifferentiated.....g              | 0.160                                 |            | 0              |            | 1           |   | 0.411     | 0.206     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.190                                 |            | 0              |            | 1           |   | 0.488     | 0.245     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.051     | 0.026     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.026     | 0.013     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.051     | 0.026     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 131                                   |            | 0              |            | 1           |   | 337       | 169       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.247                                 |            | 0              |            | 1           |   | 0.635     | 0.319     |           |
| Threonine.....g                          | 0.916                                 |            | 0              |            | 1           |   | 2.354     | 1.182     |           |
| Isoleucine.....g                         | 1.100                                 |            | 0              |            | 1           |   | 2.827     | 1.419     |           |
| Leucine.....g                            | 1.610                                 |            | 0              |            | 1           |   | 4.138     | 2.077     |           |
| Lysine.....g                             | 1.799                                 |            | 0              |            | 1           |   | 4.623     | 2.321     |           |
| Methionine.....g                         | 0.588                                 |            | 0              |            | 1           |   | 1.511     | 0.759     |           |
| Cystine.....g                            | 0.298                                 |            | 0              |            | 1           |   | 0.766     | 0.384     |           |
| Phenylalanine.....g                      | 0.861                                 |            | 0              |            | 1           |   | 2.213     | 1.111     |           |
| Tyrosine.....g                           | 0.711                                 |            | 0              |            | 1           |   | 1.827     | 0.917     |           |
| Valine.....g                             | 1.075                                 |            | 0              |            | 1           |   | 2.763     | 1.387     |           |
| Arginine.....g                           | 1.400                                 |            | 0              |            | 1           |   | 3.598     | 1.806     |           |
| Histidine.....g                          | 0.648                                 |            | 0              |            | 1           |   | 1.665     | 0.836     |           |
| Alanine.....g                            | 1.306                                 |            | 0              |            | 1           |   | 3.356     | 1.685     |           |
| Aspartic acid.....g                      | 1.981                                 |            | 0              |            | 1           |   | 5.091     | 2.555     |           |
| Glutamic acid.....g                      | 3.238                                 |            | 0              |            | 1           |   | 8.322     | 4.177     |           |
| Glycine.....g                            | 1.482                                 |            | 0              |            | 1           |   | 3.809     | 1.912     |           |
| Proline.....g                            | 1.098                                 |            | 0              |            | 1           |   | 2.822     | 1.416     |           |
| Serine.....g                             | 0.787                                 |            | 0              |            | 1           |   | 2.023     | 1.015     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

Measure 1 = 257g: 1 bird whole

Measure 2 = 129g: .5 bird

**NDB No. 05308**  
**Chicken, cornish game hens, meat and skin, cooked, roasted**

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

**Food Group:** 05 Poultry Products

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**Chicken, cornish game hens, meat and skin, raw**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 68.18                                 |            | 0                     |            | 1   |                 | 114.54    |           |           |
| Energy.....kcal                       | 200                                   |            | 0                     | NC         | 4   |                 | 336       |           |           |
| Energy.....kJ                         | 837                                   |            |                       |            | 4   |                 | 1406      |           |           |
| Protein (N x 6.25).....g              | 17.15                                 |            | 0                     |            | 1   |                 | 28.81     |           |           |
| Total lipid (fat).....g               | 14.02                                 |            | 0                     |            | 1   |                 | 23.55     |           |           |
| Ash.....g                             | 0.80                                  |            | 0                     |            | 1   |                 | 1.34      |           |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      |           |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 11                                    |            | 0                     |            | 1   |                 | 18        |           |           |
| Iron, Fe.....mg                       | 0.78                                  |            | 0                     |            | 1   |                 | 1.31      |           |           |
| Magnesium, Mg.....mg                  | 18                                    |            | 0                     |            | 1   |                 | 30        |           |           |
| Phosphorus, P.....mg                  | 140                                   |            | 0                     |            | 1   |                 | 235       |           |           |
| Potassium, K.....mg                   | 236                                   |            | 0                     |            | 1   |                 | 396       |           |           |
| Sodium, Na.....mg                     | 61                                    |            | 0                     |            | 1   |                 | 102       |           |           |
| Zinc, Zn.....mg                       | 1.15                                  |            | 0                     |            | 1   |                 | 1.93      |           |           |
| Copper, Cu.....mg                     | 0.049                                 |            | 0                     |            | 1   |                 | 0.082     |           |           |
| Manganese, Mn.....mg                  | 0.016                                 |            | 0                     |            | 1   |                 | 0.027     |           |           |
| Selenium, Se.....mcg                  | 11.8                                  |            | 0                     | BFNN       | 4   |                 | 19.8      |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.5                                   |            | 0                     |            | 1   |                 | 0.8       |           |           |
| Thiamin.....mg                        | 0.073                                 |            | 0                     |            | 1   |                 | 0.123     |           |           |
| Riboflavin.....mg                     | 0.170                                 |            | 0                     |            | 1   |                 | 0.286     |           |           |
| Niacin.....mg                         | 5.675                                 |            | 0                     |            | 1   |                 | 9.534     |           |           |
| Pantothenic acid.....mg               | 0.609                                 |            | 0                     |            | 1   |                 | 1.023     |           |           |
| Vitamin B-6.....mg                    | 0.295                                 |            | 0                     |            | 1   |                 | 0.496     |           |           |
| Folate, total.....mcg                 | 3                                     |            | 0                     |            | 1   |                 | 5         |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Folate, food.....mcg                  | 3                                     |            | 0                     |            | 1   |                 | 5         |           |           |
| Folate, DFE.....mcg_DFE               | 3                                     |            | 0                     | NC         | 4   |                 | 5         |           |           |
| Vitamin B-12.....mcg                  | 0.33                                  |            | 0                     |            | 1   |                 | 0.55      |           |           |
| Vitamin A, IU.....IU                  | 108                                   |            | 0                     |            | 1   |                 | 181       |           |           |
| Vitamin A, RAE.....mcg_RAE            | 32                                    |            | 0                     | NC         | 4   |                 | 54        |           |           |
| Retinol.....mcg                       | 32                                    |            | 0                     | NR         | 4   |                 | 54        |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.28                                  |            | 0                     | CASN       | 4   |                 | 0.47      |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 2.4                                   |            | 0                     | CAZN       | 4   |                 | 4.0       |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 3.890                                 |            | 0                     |            | 1   |                 | 6.535     |           |           |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     |           |           |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     |           |           |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     |           |           |
| 12:0.....g                            | 0.030                                 |            | 0                     |            | 1   |                 | 0.050     |           |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.120                                 |            | 0                     |            | 1   |                 | 0.202     |           |           |
| 15:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 16:0.....g                            | 2.970                                 |            | 0                     |            | 1   |                 |           |           |           |

NDB No. 05307

Chicken, cornish game hens, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.160                                 |            | 0              |            | 1           |   | 10.349    |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.960                                 |            | 0              |            | 1           |   | 1.613     |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.110                                 |            | 0              |            | 1           |   | 8.585     |           |           |
| 20:1.....g                               | 0.050                                 |            | 0              |            | 1           |   | 0.084     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.770                                 |            | 0              |            | 1           |   | 4.654     |           |           |
| 18:2 undifferentiated.....g              | 2.460                                 |            | 0              |            | 1           |   | 4.133     |           |           |
| 18:3 undifferentiated.....g              | 0.120                                 |            | 0              |            | 1           |   | 0.202     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0              |            | 1           |   | 0.252     |           |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.017     |           |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.017     |           |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.017     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 101                                   |            | 0              |            | 1           |   | 170       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.190                                 |            | 0              |            | 1           |   | 0.319     |           |           |
| Threonine.....g                          | 0.705                                 |            | 0              |            | 1           |   | 1.184     |           |           |
| Isoleucine.....g                         | 0.847                                 |            | 0              |            | 1           |   | 1.423     |           |           |
| Leucine.....g                            | 1.240                                 |            | 0              |            | 1           |   | 2.083     |           |           |
| Lysine.....g                             | 1.385                                 |            | 0              |            | 1           |   | 2.327     |           |           |
| Methionine.....g                         | 0.453                                 |            | 0              |            | 1           |   | 0.761     |           |           |
| Cystine.....g                            | 0.230                                 |            | 0              |            | 1           |   | 0.386     |           |           |
| Phenylalanine.....g                      | 0.663                                 |            | 0              |            | 1           |   | 1.114     |           |           |
| Tyrosine.....g                           | 0.548                                 |            | 0              |            | 1           |   | 0.921     |           |           |
| Valine.....g                             | 0.828                                 |            | 0              |            | 1           |   | 1.391     |           |           |
| Arginine.....g                           | 1.078                                 |            | 0              |            | 1           |   | 1.811     |           |           |
| Histidine.....g                          | 0.499                                 |            | 0              |            | 1           |   | 0.838     |           |           |
| Alanine.....g                            | 1.006                                 |            | 0              |            | 1           |   | 1.690     |           |           |
| Aspartic acid.....g                      | 1.526                                 |            | 0              |            | 1           |   | 2.564     |           |           |
| Glutamic acid.....g                      | 2.493                                 |            | 0              |            | 1           |   | 4.188     |           |           |
| Glycine.....g                            | 1.141                                 |            | 0              |            | 1           |   | 1.917     |           |           |
| Proline.....g                            | 0.846                                 |            | 0              |            | 1           |   | 1.421     |           |           |
| Serine.....g                             | 0.606                                 |            | 0              |            | 1           |   | 1.018     |           |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

Measure 1 = 168g: .5 bird

**NDB No. 05307**  
**Chicken, cornish game hens, meat and skin, raw**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05310

Chicken, cornish game hens, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.240                                 |            | 0              |            | 1           |   | 2.728     | 1.364     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.210                                 |            | 0              |            | 1           |   | 0.462     | 0.231     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.010                                 |            | 0              |            | 1           |   | 2.222     | 1.111     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.022     | 0.011     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.940                                 |            | 0              |            | 1           |   | 2.068     | 1.034     |           |
| 18:2 undifferentiated.....g              | 0.690                                 |            | 0              |            | 1           |   | 1.518     | 0.759     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0              |            | 1           |   | 0.066     | 0.033     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0              |            | 1           |   | 0.374     | 0.187     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.022     | 0.011     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.044     | 0.022     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.044     | 0.022     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 106                                   |            | 0              |            | 1           |   | 233       | 117       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.272                                 |            | 0              |            | 1           |   | 0.598     | 0.299     |           |
| Threonine.....g                          | 0.984                                 |            | 0              |            | 1           |   | 2.165     | 1.082     |           |
| Isoleucine.....g                         | 1.230                                 |            | 0              |            | 1           |   | 2.706     | 1.353     |           |
| Leucine.....g                            | 1.748                                 |            | 0              |            | 1           |   | 3.846     | 1.923     |           |
| Lysine.....g                             | 1.980                                 |            | 0              |            | 1           |   | 4.356     | 2.178     |           |
| Methionine.....g                         | 0.645                                 |            | 0              |            | 1           |   | 1.419     | 0.710     |           |
| Cystine.....g                            | 0.298                                 |            | 0              |            | 1           |   | 0.656     | 0.328     |           |
| Phenylalanine.....g                      | 0.925                                 |            | 0              |            | 1           |   | 2.035     | 1.018     |           |
| Tyrosine.....g                           | 0.787                                 |            | 0              |            | 1           |   | 1.731     | 0.866     |           |
| Valine.....g                             | 1.156                                 |            | 0              |            | 1           |   | 2.543     | 1.272     |           |
| Arginine.....g                           | 1.405                                 |            | 0              |            | 1           |   | 3.091     | 1.546     |           |
| Histidine.....g                          | 0.723                                 |            | 0              |            | 1           |   | 1.591     | 0.795     |           |
| Alanine.....g                            | 1.271                                 |            | 0              |            | 1           |   | 2.796     | 1.398     |           |
| Aspartic acid.....g                      | 2.076                                 |            | 0              |            | 1           |   | 4.567     | 2.284     |           |
| Glutamic acid.....g                      | 3.489                                 |            | 0              |            | 1           |   | 7.676     | 3.838     |           |
| Glycine.....g                            | 1.144                                 |            | 0              |            | 1           |   | 2.517     | 1.258     |           |
| Proline.....g                            | 0.958                                 |            | 0              |            | 1           |   | 2.108     | 1.054     |           |
| Serine.....g                             | 0.801                                 |            | 0              |            | 1           |   | 1.762     | 0.881     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

Measure 1 = 220g: 1 bird whole

Measure 2 = 110g: .5 bird

**NDB No. 05310**  
**Chicken, cornish game hens, meat only, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05309

Chicken, cornish game hens, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.070                                 |            | 0                     |            | 1   |                 | 2.557     | 1.284     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.180                                 |            | 0                     |            | 1   |                 | 0.430     | 0.216     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.870                                 |            | 0                     |            | 1   |                 | 2.079     | 1.044     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.024     | 0.012     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.810                                 |            | 0                     |            | 1   |                 | 1.936     | 0.972     |           |
| 18:2 undifferentiated.....g              | 0.600                                 |            | 0                     |            | 1   |                 | 1.434     | 0.720     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1   |                 | 0.048     | 0.024     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0                     |            | 1   |                 | 0.359     | 0.180     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 | 0.024     | 0.012     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1   |                 | 0.024     | 0.012     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.048     | 0.024     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 91                                    |            | 0                     |            | 1   |                 | 217       | 109       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.234                                 |            | 0                     |            | 1   |                 | 0.559     | 0.281     |           |
| Threonine.....g                          | 0.846                                 |            | 0                     |            | 1   |                 | 2.022     | 1.015     |           |
| Isoleucine.....g                         | 1.058                                 |            | 0                     |            | 1   |                 | 2.529     | 1.270     |           |
| Leucine.....g                            | 1.504                                 |            | 0                     |            | 1   |                 | 3.595     | 1.805     |           |
| Lysine.....g                             | 1.702                                 |            | 0                     |            | 1   |                 | 4.068     | 2.042     |           |
| Methionine.....g                         | 0.555                                 |            | 0                     |            | 1   |                 | 1.326     | 0.666     |           |
| Cystine.....g                            | 0.256                                 |            | 0                     |            | 1   |                 | 0.612     | 0.307     |           |
| Phenylalanine.....g                      | 0.795                                 |            | 0                     |            | 1   |                 | 1.900     | 0.954     |           |
| Tyrosine.....g                           | 0.676                                 |            | 0                     |            | 1   |                 | 1.616     | 0.811     |           |
| Valine.....g                             | 0.994                                 |            | 0                     |            | 1   |                 | 2.376     | 1.193     |           |
| Arginine.....g                           | 1.209                                 |            | 0                     |            | 1   |                 | 2.890     | 1.451     |           |
| Histidine.....g                          | 0.622                                 |            | 0                     |            | 1   |                 | 1.487     | 0.746     |           |
| Alanine.....g                            | 1.093                                 |            | 0                     |            | 1   |                 | 2.612     | 1.312     |           |
| Aspartic acid.....g                      | 1.786                                 |            | 0                     |            | 1   |                 | 4.269     | 2.143     |           |
| Glutamic acid.....g                      | 3.001                                 |            | 0                     |            | 1   |                 | 7.172     | 3.601     |           |
| Glycine.....g                            | 0.984                                 |            | 0                     |            | 1   |                 | 2.352     | 1.181     |           |
| Proline.....g                            | 0.824                                 |            | 0                     |            | 1   |                 | 1.969     | 0.989     |           |
| Serine.....g                             | 0.689                                 |            | 0                     |            | 1   |                 | 1.647     | 0.827     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 239g: 1 bird whole

Measure 2 = 120g: .5 bird



**NDB No. 05309**  
**Chicken, cornish game hens, meat only, raw**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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**NDB No. 05335**  
**Chicken, feet, boiled**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code                                  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.500                                 |            |                          |               |                | 4   |           |           |           |
| 14:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.742                                 |            |                          |               |                | 4   |           |           |           |
| 17:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.530                                 |            |                          |               |                | 4   |           |           |           |
| 20:1.....g                               | 0.158                                 |            |                          |               |                | 4   |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                          |               |                | 4   |           |           |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.980                                 |            |                          |               |                | 4   |           |           |           |
| 18:2 undifferentiated.....g              | 2.570                                 |            |                          |               |                | 4   |           |           |           |
| 18:3 undifferentiated.....g              | 0.108                                 |            |                          |               |                | 4   |           |           |           |
| 18:4.....g                               | 0.000                                 |            |                          |               |                | 4   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            |                          |               |                | 4   |           |           |           |
| 20:5 n-3.....g                           | 0.014                                 |            |                          |               |                | 4   |           |           |           |
| 22:5 n-3.....g                           | 0.022                                 |            |                          |               |                | 4   |           |           |           |
| 22:6 n-3.....g                           | 0.043                                 |            |                          |               |                | 4   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |   |           |           |           |
| Cholesterol.....mg                       | 84                                    |            |                          |               |                | 4   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                          |               |                | 7   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                        | Z             |                | 7   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                        | Z             |                | 7   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                          |               |                |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                        | Z             |                | 7   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                        | Z             |                | 7   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                        | Z             |                | 7   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0                        | Z             |                | 7   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                        | Z             |                | 7   |           |           |           |

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Chicken, gizzard, all classes, cooked, simmered

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 17                                    |            | 1                     | A          | 1   |                 | 25        |           |           |
| Iron, Fe.....mg                       | 3.19                                  |            | 1                     | A          | 1   |                 | 4.63      |           |           |
| Magnesium, Mg.....mg                  | 3                                     |            | 1                     | A          | 1   |                 | 5         |           |           |
| Phosphorus, P.....mg                  | 189                                   |            | 1                     | A          | 1   |                 | 274       |           |           |
| Potassium, K.....mg                   | 179                                   |            | 1                     | A          | 1   |                 | 260       |           |           |
| Sodium, Na.....mg                     | 56                                    |            | 1                     | A          | 1   |                 | 82        |           |           |
| Zinc, Zn.....mg                       | 4.42                                  |            | 1                     | A          | 1   |                 | 6.41      |           |           |
| Copper, Cu.....mg                     | 0.161                                 |            | 1                     | A          | 1   |                 | 0.233     |           |           |
| Manganese, Mn.....mg                  | 0.074                                 |            | 1                     | A          | 1   |                 | 0.107     |           |           |
| Selenium, Se.....mcg                  | 41.1                                  |            | 1                     | A          | 1   |                 | 59.6      |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 1                     | A          | 1   |                 | 0.0       |           |           |
| Thiamin.....mg                        | 0.026                                 |            | 1                     | A          | 1   |                 | 0.038     |           |           |
| Riboflavin.....mg                     | 0.210                                 |            | 1                     | A          | 1   |                 | 0.305     |           |           |
| Niacin.....mg                         | 3.120                                 |            | 1                     | A          | 1   |                 | 4.524     |           |           |
| Pantothenic acid.....mg               | 0.468                                 |            | 1                     | A          | 1   |                 | 0.679     |           |           |
| Vitamin B-6.....mg                    | 0.071                                 |            | 1                     | A          | 1   |                 | 0.103     |           |           |
| Folate, total.....mcg                 | 5                                     |            | 1                     | A          | 1   |                 | 7         |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Folate, food.....mcg                  | 5                                     |            | 1                     | A          | 1   |                 | 7         |           |           |
| Folate, DFE.....mcg_DFE               | 5                                     |            | 0                     | NC         | 4   |                 | 7         |           |           |
| Vitamin B-12.....mcg                  | 1.04                                  |            | 1                     | A          | 1   |                 | 1.51      |           |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0                     | AS         | 1   |                 | 0         |           |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                     | AS         | 1   |                 | 0         |           |           |
| Retinol.....mcg                       | 0                                     |            | 1                     | A          | 1   |                 | 0         |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.20                                  |            | 2                     | A          | 1   |                 | 0.29      |           |           |
| Tocopherol, beta.....mg               | 0.00                                  |            | 2                     | A          | 1   |                 | 0.00      |           |           |
| Tocopherol, gamma.....mg              | 0.12                                  |            | 2                     | A          | 1   |                 | 0.17      |           |           |
| Tocopherol, delta.....mg              | 0.00                                  |            | 2                     | A          | 1   |                 | 0.00      |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.0                                   |            | 2                     | A          | 1   |                 | 0.0       |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| 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</   |           |           |

NDB No. 05024

Chicken, gizzard, all classes, cooked, simmered

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                             |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.528                                 |            | 1                           | A             | 1              |                    | 0.766                              |           |           |
| 14:1.....g                               | 0.000                                 |            | 1                           | A             | 1              |                    | 0.000                              |           |           |
| 15:1.....g                               | 0.000                                 |            | 1                           | A             | 1              |                    | 0.000                              |           |           |
| 16:1 undifferentiated.....g              | 0.074                                 |            | 1                           | A             | 1              |                    | 0.107                              |           |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 0.443                                 |            | 1                           | A             | 1              |                    | 0.642                              |           |           |
| 20:1.....g                               | 0.011                                 |            | 1                           | A             | 1              |                    | 0.016                              |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                           | Z             | 7              |                    | 0.000                              |           |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 0.353                                 |            | 1                           | A             | 1              |                    | 0.512                              |           |           |
| 18:2 undifferentiated.....g              | 0.223                                 |            | 1                           | A             | 1              |                    | 0.323                              |           |           |
| 18:3 undifferentiated.....g              | 0.007                                 |            | 0                           | AS            | 1              |                    | 0.010                              |           |           |
| 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-3.....g                           |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 n-6.....g                           |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           | Z             | 7              |                    | 0.000                              |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                           | Z             | 7              |                    | 0.000                              |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                           | Z             | 7              |                    | 0.000                              |           |           |
| Fatty acids, total trans.....g           | 0.130                                 |            | 1                           | A             | 1              |                    | 0.189                              |           |           |
| Cholesterol.....mg                       | 370                                   |            | 1                           | A             | 1              |                    | 537                                |           |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| <b>Others:</b>                           |                                       |            |                             |               |                |                    |                                    |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                           | Z             | 7              |                    | 0.0                                |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                           | Z             | 7              |                    | 0                                  |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                           | Z             | 7              |                    | 0                                  |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1                           | A             | 1              |                    | 0.000                              |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1                           | A             | 1              |                    | 0.000                              |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1                           | A             | 1              |                    | 0.000                              |           |           |
| Lycopene.....mcg                         | 0                                     |            | 1                           | A             | 1              |                    | 0.000                              |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                           | Z             | 7              |                    | 0.000                              |           |           |

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

**Common Measures:**

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

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 79.33                                 |            | 1              | A          | 1           |   |           |           |           |
| Energy.....kcal                       | 94                                    |            | 0              | NC         | 4           |   |           |           |           |
| Energy.....kj                         | 393                                   |            | 0              | NC         | 4           |   |           |           |           |
| Protein (N x 6.25).....g              | 17.66                                 |            | 1              | A          | 1           |   |           |           |           |
| Total lipid (fat).....g               | 2.06                                  |            | 1              | A          | 1           |   |           |           |           |
| Ash.....g                             | 0.95                                  |            | 1              | A          | 1           |   |           |           |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   |           |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 11                                    |            | 1              | A          | 1           |   |           |           |           |
| Iron, Fe.....mg                       | 2.49                                  |            | 1              | A          | 1           |   |           |           |           |
| Magnesium, Mg.....mg                  | 15                                    |            | 1              | A          | 1           |   |           |           |           |
| Phosphorus, P.....mg                  | 148                                   |            | 1              | A          | 1           |   |           |           |           |
| Potassium, K.....mg                   | 237                                   |            | 1              | A          | 1           |   |           |           |           |
| Sodium, Na.....mg                     | 69                                    |            | 1              | A          | 1           |   |           |           |           |
| Zinc, Zn.....mg                       | 2.72                                  |            | 1              | A          | 1           |   |           |           |           |
| Copper, Cu.....mg                     | 0.116                                 |            | 1              | A          | 1           |   |           |           |           |
| Manganese, Mn.....mg                  | 0.055                                 |            | 1              | A          | 1           |   |           |           |           |
| Selenium, Se.....mcg                  | 25.5                                  |            | 1              | A          | 1           |   |           |           |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 3.7                                   |            | 1              | A          | 1           |   |           |           |           |
| Thiamin.....mg                        | 0.028                                 |            | 1              | A          | 1           |   |           |           |           |
| Riboflavin.....mg                     | 0.231                                 |            | 1              | A          | 1           |   |           |           |           |
| Niacin.....mg                         | 3.680                                 |            | 1              | A          | 1           |   |           |           |           |
| Pantothenic acid.....mg               | 0.631                                 |            | 1              | A          | 1           |   |           |           |           |
| Vitamin B-6.....mg                    | 0.112                                 |            | 1              | A          | 1           |   |           |           |           |
| Folate, total.....mcg                 | 5                                     |            | 1              | A          | 1           |   |           |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Folate, food.....mcg                  | 5                                     |            | 1              | A          | 1           |   |           |           |           |
| Folate, DFE.....mcg_DFE               | 5                                     |            | 0              | NC         | 4           |   |           |           |           |
| Vitamin B-12.....mcg                  | 1.21                                  |            | 1              | A          | 1           |   |           |           |           |
| Vitamin A, IU.....IU                  | 64                                    |            | 0              | AS         | 1           |   |           |           |           |
| Vitamin A, RAE.....mcg_RAE            | 19                                    |            | 0              | AS         | 1           |   |           |           |           |
| Retinol.....mcg                       | 19                                    |            | 1              | A          | 1           |   |           |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.33                                  |            | 2              | A          | 1           |   |           |           |           |
| Tocopherol, beta.....mg               | 0.00                                  |            | 2              | A          | 1           |   |           |           |           |
| Tocopherol, gamma.....mg              | 0.15                                  |            | 2              | A          | 1           |   |           |           |           |
| Tocopherol, delta.....mg              | 0.00                                  |            | 2              | A          | 1           |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.0                                   |            | 2              | A          | 1           |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 0.529                                 |            | 1              | A          | 1           |   |           |           |           |
| 4:0.....g                             | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| 6:0.....g                             | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| 8:0.....g                             | 0.000                                 |            | 1              | A          | 1           |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 1              | A          | 1           |   |           |           |           |
| 12:0.....g                            | 0.000                                 |            | 1              | A          | 1           |   |           |           |           |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.007                                 |            | 1              | A          | 1           |   |           |           |           |
| 15:0.....g                            | 0.000                                 |            | 1              | A          | 1           |   |           |           |           |
| 16:0.....g                            | 0.347                                 |            | 1              | A          | 1           |   |           |           |           |
| 17:0.....g                            | 0.003                                 |            | 1              | A          | 1           |   |           |           |           |
| 18:0.....g                            | 0.165                                 |            | 1              | A          | 1           |   |           |           |           |
| 20:0.....g                            | 0.003                                 |            | 1              | A          | 1           |   |           |           |           |
| 22:0.....g                            | 0.004                                 |            | 1              | A          | 1           |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.512                                 |            | 1              | A     | 1      |   |           |           |           |
| 14:1.....g                               | 0.000                                 |            | 1              | A     | 1      |   |           |           |           |
| 15:1.....g                               | 0.000                                 |            | 1              | A     | 1      |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.073                                 |            | 1              | A     | 1      |   |           |           |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.430                                 |            | 1              | A     | 1      |   |           |           |           |
| 20:1.....g                               | 0.009                                 |            | 1              | A     | 1      |   |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z     | 7      |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.357                                 |            | 1              | A     | 1      |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.246                                 |            | 1              | A     | 1      |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.003                                 |            | 0              | A     | 1      |   |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.003                                 |            | 1              | A     | 1      |   |           |           |           |
| 18:3i.....g                              |                                       |            |                |       |        |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z     | 7      |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.013                                 |            | 1              | A     | 1      |   |           |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1              | A     | 1      |   |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.086                                 |            | 1              | A     | 1      |   |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   |           |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   |           |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   |           |           |           |
| Fatty acids, total trans.....g           | 0.060                                 |            | 1              | A     | 1      |   |           |           |           |
| Cholesterol.....mg                       | 240                                   |            | 1              | A     | 1      |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z     | 7      |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1              | A     | 1      |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1              | A     | 1      |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1              | A     | 1      |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 1              | A     | 1      |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z     | 7      |   |           |           |           |

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

**Common Measures:**

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, heart, all classes, cooked, simmered**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| 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                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 19                                    | 1.103      | 8              |            | 1   |                 | 28        | 0         |           |
| Iron, Fe.....mg                       | 9.03                                  | 0.152      | 8              |            | 1   |                 | 13.09     | 0.09      |           |
| Magnesium, Mg.....mg                  | 20                                    | 0.604      | 8              |            | 1   |                 | 29        | 0         |           |
| Phosphorus, P.....mg                  | 199                                   | 2.271      | 8              |            | 1   |                 | 289       | 2         |           |
| Potassium, K.....mg                   | 132                                   | 3.060      | 8              |            | 1   |                 | 191       | 1         |           |
| Sodium, Na.....mg                     | 48                                    | 1.062      | 8              |            | 1   |                 | 70        | 0         |           |
| Zinc, Zn.....mg                       | 7.30                                  | 0.072      | 8              |            | 1   |                 | 10.59     | 0.07      |           |
| Copper, Cu.....mg                     | 0.502                                 | 0.013      | 8              |            | 1   |                 | 0.728     | 0.005     |           |
| Manganese, Mn.....mg                  | 0.107                                 | 0.003      | 8              |            | 1   |                 | 0.155     | 0.001     |           |
| Selenium, Se.....mcg                  | 8.0                                   |            | 0              | BFYN       | 4   |                 | 11.6      | 0.1       |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 1.8                                   |            | 0              |            | 1   |                 | 2.6       | 0.0       |           |
| Thiamin.....mg                        | 0.070                                 |            | 0              |            | 1   |                 | 0.102     | 0.001     |           |
| Riboflavin.....mg                     | 0.741                                 |            | 0              |            | 1   |                 | 1.074     | 0.007     |           |
| Niacin.....mg                         | 2.803                                 |            | 0              |            | 1   |                 | 4.064     | 0.028     |           |
| Pantothenic acid.....mg               | 2.654                                 |            | 0              |            | 1   |                 | 3.848     | 0.027     |           |
| Vitamin B-6.....mg                    | 0.320                                 |            | 0              |            | 1   |                 | 0.464     | 0.003     |           |
| Folate, total.....mcg                 | 80                                    |            | 0              |            | 1   |                 | 116       | 1         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 80                                    |            | 0              |            | 1   |                 | 116       | 1         |           |
| Folate, DFE.....mcg_DFE               | 80                                    |            | 0              | NC         | 4   |                 | 116       | 1         |           |
| Vitamin B-12.....mcg                  | 7.29                                  |            | 0              |            | 1   |                 | 10.57     | 0.07      |           |
| Vitamin A, IU.....IU                  | 28                                    |            | 0              |            | 1   |                 | 41        | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 8                                     |            | 0              |            | 1   |                 | 12        | 0         |           |
| Retinol.....mcg                       | 8                                     |            | 0              |            | 1   |                 | 12        | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| 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     |           |



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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.010                                 |            | 0                     |            | 1           |   | 2.915     | 0.020     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.330                                 |            | 0                     |            | 1           |   | 0.479     | 0.003     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.680                                 |            | 0                     |            | 1           |   | 2.436     | 0.017     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.300                                 |            | 0                     |            | 1           |   | 3.335     | 0.023     |           |
| 18:2 undifferentiated.....g              | 1.620                                 |            | 0                     |            | 1           |   | 2.349     | 0.016     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1           |   | 0.087     | 0.001     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.610                                 |            | 0                     |            | 1           |   | 0.885     | 0.006     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 242                                   |            | 0                     |            | 1           |   | 351       | 2         |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.338                                 |            | 0                     |            | 1           |   | 0.490     | 0.003     |           |
| Threonine.....g                          | 1.196                                 |            | 0                     |            | 1           |   | 1.734     | 0.012     |           |
| Isoleucine.....g                         | 1.415                                 |            | 0                     |            | 1           |   | 2.052     | 0.014     |           |
| Leucine.....g                            | 2.303                                 |            | 0                     |            | 1           |   | 3.339     | 0.023     |           |
| Lysine.....g                             | 2.214                                 |            | 0                     |            | 1           |   | 3.210     | 0.022     |           |
| Methionine.....g                         | 0.638                                 |            | 0                     |            | 1           |   | 0.925     | 0.006     |           |
| Cystine.....g                            | 0.359                                 |            | 0                     |            | 1           |   | 0.521     | 0.004     |           |
| Phenylalanine.....g                      | 1.183                                 |            | 0                     |            | 1           |   | 1.715     | 0.012     |           |
| Tyrosine.....g                           | 0.946                                 |            | 0                     |            | 1           |   | 1.372     | 0.009     |           |
| Valine.....g                             | 1.496                                 |            | 0                     |            | 1           |   | 2.169     | 0.015     |           |
| Arginine.....g                           | 1.694                                 |            | 0                     |            | 1           |   | 2.456     | 0.017     |           |
| Histidine.....g                          | 0.693                                 |            | 0                     |            | 1           |   | 1.005     | 0.007     |           |
| Alanine.....g                            | 1.665                                 |            | 0                     |            | 1           |   | 2.414     | 0.017     |           |
| Aspartic acid.....g                      | 2.569                                 |            | 0                     |            | 1           |   | 3.725     | 0.026     |           |
| Glutamic acid.....g                      | 3.921                                 |            | 0                     |            | 1           |   | 5.685     | 0.039     |           |
| Glycine.....g                            | 1.466                                 |            | 0                     |            | 1           |   | 2.126     | 0.015     |           |
| Proline.....g                            | 1.348                                 |            | 0                     |            | 1           |   | 1.955     | 0.013     |           |
| Serine.....g                             | 1.065                                 |            | 0                     |            | 1           |   | 1.544     | 0.011     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

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

Measure 2 = 1.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       | Amount in edible portion of common measures of food |            |           |           |           |
|--|---------------------------------------|------------|----------------|-------|---|------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.370                                 |            | 0              |       | 1   |            | 0.145     | 0.043     |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 0.390                                 |            | 1              |       | 1   |            | 0.024     | 0.007     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 1.980                                 |            | 1              |       | 1   |            | 0.121     | 0.036     |           |
| 20:1.....g                               | 0.000                                 |            | 0              |       | 1   |            | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.710                                 |            | 0              |       | 1   |            | 0.165     | 0.049     |           |
| 18:2 undifferentiated.....g              | 1.910                                 |            | 1              |       | 1   |            | 0.117     | 0.034     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 1              |       | 1   |            | 0.004     | 0.001     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.720                                 |            | 1              |       | 1   |            | 0.044     | 0.013     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |       | 1   |            | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |       | 1   |            | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |       | 1   |            | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 136                                   |            | 1              |       | 1   |            | 8         | 2         |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |   |            |           |           |           |
| Tryptophan.....g                         | 0.199                                 |            | 0              |       | 1   |            | 0.012     | 0.004     |           |
| Threonine.....g                          | 0.704                                 |            | 0              |       | 1   |            | 0.043     | 0.013     |           |
| Isoleucine.....g                         | 0.833                                 |            | 0              |       | 1   |            | 0.051     | 0.015     |           |
| Leucine.....g                            | 1.355                                 |            | 0              |       | 1   |            | 0.083     | 0.024     |           |
| Lysine.....g                             | 1.303                                 |            | 0              |       | 1   |            | 0.079     | 0.023     |           |
| Methionine.....g                         | 0.376                                 |            | 0              |       | 1   |            | 0.023     | 0.007     |           |
| Cystine.....g                            | 0.211                                 |            | 0              |       | 1   |            | 0.013     | 0.004     |           |
| Phenylalanine.....g                      | 0.696                                 |            | 0              |       | 1   |            | 0.042     | 0.013     |           |
| Tyrosine.....g                           | 0.557                                 |            | 0              |       | 1   |            | 0.034     | 0.010     |           |
| Valine.....g                             | 0.880                                 |            | 0              |       | 1   |            | 0.054     | 0.016     |           |
| Arginine.....g                           | 0.997                                 |            | 0              |       | 1   |            | 0.061     | 0.018     |           |
| Histidine.....g                          | 0.408                                 |            | 0              |       | 1   |            | 0.025     | 0.007     |           |
| Alanine.....g                            | 0.980                                 |            | 0              |       | 1   |            | 0.060     | 0.018     |           |
| Aspartic acid.....g                      | 1.512                                 |            | 0              |       | 1   |            | 0.092     | 0.027     |           |
| Glutamic acid.....g                      | 2.308                                 |            | 0              |       | 1   |            | 0.141     | 0.042     |           |
| Glycine.....g                            | 0.863                                 |            | 0              |       | 1   |            | 0.053     | 0.016     |           |
| Proline.....g                            | 0.793                                 |            | 0              |       | 1   |            | 0.048     | 0.014     |           |
| Serine.....g                             | 0.627                                 |            | 0              |       | 1   |            | 0.038     | 0.011     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |   |            |           |           |           |

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

**Common Measures:**

Measure 1 = 6.1g: 1 heart

Measure 2 = 1.8g: 1 unit (yield from 1 lb ready-to-cook chicken)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05661

Chicken, liver, all classes, cooked, pan-fried

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.387                                 |            | 0              | NC    | 4      |   | 3.369     |           |           |
| 14:1.....g                               | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 0.120                                 | 0.013      | 4              | A     | 1      |   | 0.292     |           |           |
| 17:1.....g                               | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 18:1 undifferentiated.....g              | 1.246                                 | 0.122      | 4              | A     | 1      |   | 3.027     |           |           |
| 20:1.....g                               | 0.021                                 | 0.001      | 4              | A     | 1      |   | 0.050     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.265                                 |            | 0              | NC    | 4      |   | 3.073     |           |           |
| 18:2 undifferentiated.....g              | 0.714                                 |            | 0              | AS    | 1      |   | 1.735     |           |           |
| 18:2 n-6 c,c.....g                       | 0.714                                 | 0.021      | 4              | A     | 1      |   | 1.735     |           |           |
| 18:2 CLAs.....g                          |                                       |            |                |       |        |   |           |           |           |
| 18:2 c,t.....g                           |                                       |            |                |       |        |   |           |           |           |
| 18:2 t,c.....g                           |                                       |            |                |       |        |   |           |           |           |
| 18:2 t,t.....g                           |                                       |            |                |       |        |   |           |           |           |
| 18:2 i.....g                             |                                       |            |                |       |        |   |           |           |           |
| 18:2 t not further defined.....g         |                                       |            |                |       |        |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.026                                 |            | 0              | AS    | 1      |   | 0.062     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.014                                 | 0.001      | 4              | A     | 1      |   | 0.033     |           |           |
| 18:3i.....g                              |                                       |            |                |       |        |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       | 0.018                                 | 0.010      | 4              | A     | 1      |   | 0.043     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.508                                 | 0.038      | 4              | A     | 1      |   | 1.234     |           |           |
| 20:4 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Fatty acids, total trans.....g           | 0.098                                 | 0.033      | 4              | A     | 1      |   | 0.237     |           |           |
| Cholesterol.....mg                       | 564                                   | 13.543     | 4              | A     | 1      |   | 1369      |           |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.261                                 |            | 0              | A     | 1      |   | 0.635     |           |           |
| Threonine.....g                          | 1.076                                 |            | 0              | A     | 1      |   | 2.614     |           |           |
| Isoleucine.....g                         | 1.206                                 |            | 0              | A     | 1      |   | 2.931     |           |           |
| Leucine.....g                            | 2.243                                 |            | 0              | A     | 1      |   | 5.451     |           |           |
| Lysine.....g                             | 1.976                                 |            | 0              | A     | 1      |   | 4.802     |           |           |
| Methionine.....g                         | 0.641                                 |            | 0              | A     | 1      |   | 1.557     |           |           |
| Cystine.....g                            | 0.404                                 |            | 0              | A     | 1      |   | 0.981     |           |           |
| Phenylalanine.....g                      | 1.223                                 |            | 0              | A     | 1      |   | 2.971     |           |           |
| Tyrosine.....g                           | 0.969                                 |            | 0              | A     | 1      |   | 2.354     |           |           |
| Valine.....g                             | 1.481                                 |            | 0              | A     | 1      |   | 3.598     |           |           |
| Arginine.....g                           | 1.622                                 |            | 0              | A     | 1      |   | 3.941     |           |           |
| Histidine.....g                          | 0.752                                 |            | 0              | A     | 1      |   | 1.828     |           |           |
| Alanine.....g                            | 1.473                                 |            | 0              | A     | 1      |   | 3.580     |           |           |
| Aspartic acid.....g                      | 2.363                                 |            | 0              | A     | 1      |   | 5.743     |           |           |
| Glutamic acid.....g                      | 3.105                                 |            | 0              | A     | 1      |   | 7.546     |           |           |
| Glycine.....g                            | 1.260                                 |            | 0              | A     | 1      |   | 3.061     |           |           |
| Proline.....g                            | 1.077                                 |            | 0              | A     | 1      |   | 2.617     |           |           |
| Serine.....g                             | 1.090                                 |            | 0              | A     | 1      |   | 2.650     |           |           |
| Hydroxyproline.....g                     | 0.043                                 |            | 1              | A     | 1      |   | 0.104     |           |           |
| <b>Others:</b>                           |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z     | 7      |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 31                                    | 3.126      | 4              | A     | 1      |   | 74.297    |           |           |
| Carotene, alpha.....mcg                  | 11                                    | 0.000      | 4              | A     | 1      |   | 27.168    |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    | 0.000      | 4              | A     | 1      |   | 27.168    |           |           |

NDB No. 05661

Chicken, liver, all classes, cooked, pan-fried

| Nutrients and Units         | <u>Amount in 100 grams of edible portion</u> |            |                             |               |                |                    | <u>Amount in edible portion of common</u> |           |           |
|-----------------------------|--|------------|-----------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|                             | Mean   | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | <u>measures of food</u>                   |           |           |
|                             |  |            |                             |               |                |                    | Measure 1                                 | Measure 2 | Measure 3 |
| Lycopene.....mcg            | 25   | 2.794      | 4                           | A             | 1              |                    | 60.386                                    |           |           |
| Lutein + zeaxanthin.....mcg | 79   |            | 4                           | A             | 1              |                    | 192.881                                   |           |           |

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

**Common Measures:**

Measure 1 = 243g: 1 container (cooked, yield from 388g raw liver)

**Calories Factors:** Protein 4.27

Fat 9.02

Carbohydrate 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05028

Chicken, liver, all classes, cooked, simmered

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.416                                 |            | 0              | NC    | 4      |   | 3.626     |           |           |
| 14:1.....g                               | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 0.120                                 | 0.015      | 4              | A     | 1      |   | 0.307     |           |           |
| 17:1.....g                               | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 18:1 undifferentiated.....g              | 1.276                                 | 0.164      | 4              | A     | 1      |   | 3.265     |           |           |
| 20:1.....g                               | 0.021                                 | 0.001      | 4              | A     | 1      |   | 0.053     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.269                                 |            | 0              | NC    | 4      |   | 3.248     |           |           |
| 18:2 undifferentiated.....g              | 0.719                                 |            | 0              | AS    | 1      |   | 1.840     |           |           |
| 18:2 n-6 c,c.....g                       | 0.719                                 | 0.048      | 4              | A     | 1      |   | 1.840     |           |           |
| 18:2 CLAs.....g                          |                                       |            |                |       |        |   |           |           |           |
| 18:2 c,t.....g                           |                                       |            |                |       |        |   |           |           |           |
| 18:2 t,c.....g                           |                                       |            |                |       |        |   |           |           |           |
| 18:2 t,t.....g                           |                                       |            |                |       |        |   |           |           |           |
| 18:2 i.....g                             |                                       |            |                |       |        |   |           |           |           |
| 18:2 t not further defined.....g         |                                       |            |                |       |        |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.023                                 |            | 0              | AS    | 1      |   | 0.060     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.011                                 | 0.004      | 4              | A     | 1      |   | 0.029     |           |           |
| 18:3i.....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      |   | 0.048     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 | 0.000      | 4              | A     | 1      |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.508                                 | 0.052      | 4              | A     | 1      |   | 1.300     |           |           |
| 20:4 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Fatty acids, total trans.....g           | 0.090                                 | 0.032      | 4              | A     | 1      |   | 0.230     |           |           |
| Cholesterol.....mg                       | 563                                   | 22.823     | 4              | A     | 1      |   | 1441      |           |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.248                                 |            | 0              | A     | 1      |   | 0.634     |           |           |
| Threonine.....g                          | 1.021                                 |            | 0              | A     | 1      |   | 2.613     |           |           |
| Isoleucine.....g                         | 1.144                                 |            | 0              | A     | 1      |   | 2.930     |           |           |
| Leucine.....g                            | 2.128                                 |            | 0              | A     | 1      |   | 5.449     |           |           |
| Lysine.....g                             | 1.875                                 |            | 0              | A     | 1      |   | 4.800     |           |           |
| Methionine.....g                         | 0.608                                 |            | 0              | A     | 1      |   | 1.557     |           |           |
| Cystine.....g                            | 0.383                                 |            | 0              | A     | 1      |   | 0.980     |           |           |
| Phenylalanine.....g                      | 1.160                                 |            | 0              | A     | 1      |   | 2.970     |           |           |
| Tyrosine.....g                           | 0.919                                 |            | 0              | A     | 1      |   | 2.353     |           |           |
| Valine.....g                             | 1.405                                 |            | 0              | A     | 1      |   | 3.597     |           |           |
| Arginine.....g                           | 1.539                                 |            | 0              | A     | 1      |   | 3.939     |           |           |
| Histidine.....g                          | 0.714                                 |            | 0              | A     | 1      |   | 1.827     |           |           |
| Alanine.....g                            | 1.398                                 |            | 0              | A     | 1      |   | 3.579     |           |           |
| Aspartic acid.....g                      | 2.243                                 |            | 0              | A     | 1      |   | 5.741     |           |           |
| Glutamic acid.....g                      | 2.946                                 |            | 0              | A     | 1      |   | 7.543     |           |           |
| Glycine.....g                            | 1.195                                 |            | 0              | A     | 1      |   | 3.060     |           |           |
| Proline.....g                            | 1.022                                 |            | 0              | A     | 1      |   | 2.616     |           |           |
| Serine.....g                             | 1.035                                 |            | 0              | A     | 1      |   | 2.649     |           |           |
| Hydroxyproline.....g                     | 0.043                                 |            | 1              | A     | 1      |   | 0.110     |           |           |
| <b>Others:</b>                           |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z     | 7      |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 30                                    | 8.739      | 4              | A     | 1      |   | 77.939    |           |           |
| Carotene, alpha.....mcg                  | 11                                    | 0.000      | 4              | A     | 1      |   | 28.622    |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    | 0.000      | 4              | A     | 1      |   | 28.622    |           |           |



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

| Nutrients and Units         | <u>Amount in 100 grams of edible portion</u> |            |                             |               |                |                    | <u>Amount in edible portion of common</u> |           |           |
|-----------------------------|--|------------|-----------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|                             | Mean   | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | <u>measures of food</u>                   |           |           |
|                             |  |            |                             |               |                |                    | Measure 1                                 | Measure 2 | Measure 3 |
| Lycopene.....mcg            | 21   | 7.388      | 4                           | A             | 1              |                    | 53.952                                    |           |           |
| Lutein + zeaxanthin.....mcg | 83   |            | 4                           | A             | 1              |                    | 213.696                                   |           |           |

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

**Common Measures:**

Measure 1 = 256g: 1 container (cooked, yield from 400g raw liver)

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

**Food Group:** 05 Poultry Products

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**Refuse: 0%**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         |            | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points | Deriv Code |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 76.46                                 | 0.563      | 4              | A          | 1           |   |           |           |           |
| Energy.....kcal                       | 119                                   |            | 0              | NC         | 4           |   |           |           |           |
| Energy.....kj                         | 496                                   |            | 0              | NC         | 4           |   |           |           |           |
| Protein (N x 6.25).....g              | 16.92                                 | 0.276      | 4              | A          | 1           |   |           |           |           |
| Total lipid (fat).....g               | 4.83                                  | 0.774      | 4              | A          | 1           |   |           |           |           |
| Ash.....g                             | 1.06                                  | 0.031      | 4              | A          | 1           |   |           |           |           |
| Carbohydrate, by difference.....g     | 0.73                                  |            | 0              | NC         | 4           |   |           |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 8                                     | 1.040      | 4              | A          | 1           |   |           |           |           |
| Iron, Fe.....mg                       | 8.99                                  | 0.403      | 4              | A          | 1           |   |           |           |           |
| Magnesium, Mg.....mg                  | 19                                    | 0.545      | 4              | A          | 1           |   |           |           |           |
| Phosphorus, P.....mg                  | 297                                   | 8.109      | 4              | A          | 1           |   |           |           |           |
| Potassium, K.....mg                   | 230                                   | 13.720     | 4              | A          | 1           |   |           |           |           |
| Sodium, Na.....mg                     | 71                                    | 5.542      | 4              | A          | 1           |   |           |           |           |
| Zinc, Zn.....mg                       | 2.67                                  | 0.045      | 4              | A          | 1           |   |           |           |           |
| Copper, Cu.....mg                     | 0.492                                 | 0.102      | 4              | A          | 1           |   |           |           |           |
| Manganese, Mn.....mg                  | 0.255                                 | 0.014      | 4              | A          | 1           |   |           |           |           |
| Selenium, Se.....mcg                  | 54.6                                  | 8.247      | 4              | A          | 1           |   |           |           |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 17.9                                  |            | 1              | A          | 1           |   |           |           |           |
| Thiamin.....mg                        | 0.305                                 | 0.006      | 4              | A          | 1           |   |           |           |           |
| Riboflavin.....mg                     | 1.778                                 | 0.128      | 4              | A          | 1           |   |           |           |           |
| Niacin.....mg                         | 9.728                                 | 0.333      | 4              | A          | 1           |   |           |           |           |
| Pantothenic acid.....mg               | 6.233                                 | 0.327      | 4              | A          | 1           |   |           |           |           |
| Vitamin B-6.....mg                    | 0.853                                 | 0.036      | 4              | A          | 1           |   |           |           |           |
| Folate, total.....mcg                 | 588                                   | 46.779     | 4              | A          | 1           |   |           |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Folate, food.....mcg                  | 588                                   | 46.779     | 4              | A          | 1           |   |           |           |           |
| Folate, DFE.....mcg_DFE               | 588                                   |            | 0              | NC         | 4           |   |           |           |           |
| Vitamin B-12.....mcg                  | 16.58                                 | 1.656      | 4              | A          | 1           |   |           |           |           |
| Vitamin A, IU.....IU                  | 11078                                 |            | 0              | AS         | 1           |   |           |           |           |
| Vitamin A, RAE.....mcg_RAE            | 3296                                  |            | 0              | AS         | 1           |   |           |           |           |
| Retinol.....mcg                       | 3290                                  | 239.548    | 4              | A          | 1           |   |           |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.70                                  |            | 8              | A          | 1           |   |           |           |           |
| Tocopherol, beta.....mg               | 0.00                                  |            | 2              | A          | 1           |   |           |           |           |
| Tocopherol, gamma.....mg              | 0.31                                  |            | 6              | A          | 1           |   |           |           |           |
| Tocopherol, delta.....mg              | 0.00                                  |            | 2              | A          | 1           |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.0                                   | 0.000      | 4              | A          | 1           |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.563                                 |            | 0              | NC         | 4           |   |           |           |           |
| 4:0.....g                             | 0.000                                 | 0.000      | 4              | Z          | 7           |   |           |           |           |
| 6:0.....g                             | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| 8:0.....g                             | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 10:0.....g                            | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 12:0.....g                            | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.012                                 | 0.004      | 4              | A          | 1           |   |           |           |           |
| 15:0.....g                            | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 16:0.....g                            | 0.883                                 | 0.214      | 4              | A          | 1           |   |           |           |           |
| 17:0.....g                            | 0.002                                 | 0.001      | 4              | A          | 1           |   |           |           |           |
| 18:0.....g                            | 0.659                                 | 0.099      | 4              | A          | 1           |   |           |           |           |
| 20:0.....g                            | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 22:0.....g                            | 0.007                                 | 0.002      | 4              | A          | 1           |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.249                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.106                                 | 0.026      | 4              | A          | 1           |   |           |           |           |
| 17:1.....g                               | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.127                                 | 0.330      | 4              | A          | 1           |   |           |           |           |
| 20:1.....g                               | 0.016                                 | 0.003      | 4              | A          | 1           |   |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.819                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.475                                 |            | 0              | AS         | 1           |   |           |           |           |
| 18:2 n-6 c,c.....g                       | 0.475                                 | 0.028      | 4              | A          | 1           |   |           |           |           |
| 18:2 CLAs.....g                          |                                       |            |                |            |             |   |           |           |           |
| 18:2 c,t.....g                           |                                       |            |                |            |             |   |           |           |           |
| 18:2 t,c.....g                           |                                       |            |                |            |             |   |           |           |           |
| 18:2 t,t.....g                           |                                       |            |                |            |             |   |           |           |           |
| 18:2 i.....g                             |                                       |            |                |            |             |   |           |           |           |
| 18:2 t not further defined.....g         |                                       |            |                |            |             |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.012                                 |            | 0              | AS         | 1           |   |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.006                                 | 0.002      | 4              | A          | 1           |   |           |           |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.005                                 | 0.005      | 4              | A          | 1           |   |           |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 | 0.000      | 4              | A          | 1           |   |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.326                                 | 0.020      | 4              | A          | 1           |   |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   |           |           |           |
| Fatty acids, total trans.....g           | 0.065                                 | 0.022      | 4              | A          | 1           |   |           |           |           |
| Cholesterol.....mg                       | 345                                   | 5.236      | 4              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.176                                 |            | 1              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.725                                 |            | 1              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 0.813                                 |            | 1              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.512                                 |            | 1              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.332                                 |            | 1              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.432                                 |            | 1              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.272                                 |            | 1              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.824                                 |            | 1              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.653                                 |            | 1              | A          | 1           |   |           |           |           |
| Valine.....g                             | 0.998                                 |            | 1              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.093                                 |            | 1              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.507                                 |            | 1              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 0.993                                 |            | 1              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 1.593                                 |            | 1              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 2.093                                 |            | 1              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 0.849                                 |            | 1              | A          | 1           |   |           |           |           |
| Proline.....g                            | 0.726                                 |            | 1              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.735                                 |            | 1              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.043                                 |            | 1              | A          | 1           |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 56                                    |            | 4              | A          | 1           |   |           |           |           |
| Carotene, alpha.....mcg                  | 11                                    |            | 4              | A          | 1           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 11                                    |            | 4              | A          | 1           |   |           |           |           |

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

| Nutrients and Units         | <u>Amount in 100 grams of edible portion</u> |            |         |       |        |            | <u>Amount in edible portion of common measures of food</u> |           |           |
|-----------------------------|--|------------|---------|-------|--------|------------|--|-----------|-----------|
|                             | Mean   | Std. Error | Number  | Deriv | Source | Confidence | Measure 1  | Measure 2 | Measure 3 |
|                             |  |            | of Data | Code  | Code   | Code       |  |           |           |
|                             |  |            | Points  |       |        |            |  |           |           |
| Lycopene.....mcg            | 40   |            | 4       | A     | 1      |            |  |           |           |
| Lutein + zeaxanthin.....mcg | 133  |            | 4       | A     | 1      |            |  |           |           |

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

Common Measures:

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05120

Chicken, roasting, dark meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.310                                 |            | 0       |       | 1      |   | 4.634     | 3.111     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.450                                 |            | 0       |       | 1      |   | 0.630     | 0.423     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.760                                 |            | 0       |       | 1      |   | 3.864     | 2.594     |           |
| 20:1.....g                               | 0.060                                 |            | 0       |       | 1      |   | 0.084     | 0.056     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.000                                 |            | 0       |       | 1      |   | 2.800     | 1.880     |           |
| 18:2 undifferentiated.....g              | 1.690                                 |            | 0       |       | 1      |   | 2.366     | 1.589     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0       |       | 1      |   | 0.112     | 0.075     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0       |       | 1      |   | 0.154     | 0.103     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.014     | 0.009     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.028     | 0.019     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0       |       | 1      |   | 0.056     | 0.038     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 75                                    |            | 0       |       | 1      |   | 105       | 71        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.272                                 |            | 0       |       | 1      |   | 0.381     | 0.256     |           |
| Threonine.....g                          | 0.982                                 |            | 0       |       | 1      |   | 1.375     | 0.923     |           |
| Isoleucine.....g                         | 1.228                                 |            | 0       |       | 1      |   | 1.719     | 1.154     |           |
| Leucine.....g                            | 1.745                                 |            | 0       |       | 1      |   | 2.443     | 1.640     |           |
| Lysine.....g                             | 1.975                                 |            | 0       |       | 1      |   | 2.765     | 1.857     |           |
| Methionine.....g                         | 0.644                                 |            | 0       |       | 1      |   | 0.902     | 0.605     |           |
| Cystine.....g                            | 0.298                                 |            | 0       |       | 1      |   | 0.417     | 0.280     |           |
| Phenylalanine.....g                      | 0.923                                 |            | 0       |       | 1      |   | 1.292     | 0.868     |           |
| Tyrosine.....g                           | 0.785                                 |            | 0       |       | 1      |   | 1.099     | 0.738     |           |
| Valine.....g                             | 1.153                                 |            | 0       |       | 1      |   | 1.614     | 1.084     |           |
| Arginine.....g                           | 1.402                                 |            | 0       |       | 1      |   | 1.963     | 1.318     |           |
| Histidine.....g                          | 0.722                                 |            | 0       |       | 1      |   | 1.011     | 0.679     |           |
| Alanine.....g                            | 1.269                                 |            | 0       |       | 1      |   | 1.777     | 1.193     |           |
| Aspartic acid.....g                      | 2.072                                 |            | 0       |       | 1      |   | 2.901     | 1.948     |           |
| Glutamic acid.....g                      | 3.482                                 |            | 0       |       | 1      |   | 4.875     | 3.273     |           |
| Glycine.....g                            | 1.142                                 |            | 0       |       | 1      |   | 1.599     | 1.073     |           |
| Proline.....g                            | 0.956                                 |            | 0       |       | 1      |   | 1.338     | 0.899     |           |
| Serine.....g                             | 0.800                                 |            | 0       |       | 1      |   | 1.120     | 0.752     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 94g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05119

Chicken, roasting, dark meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.120                                 |            | 0                     |            | 1           |   | 1.266     | 2.890     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.160                                 | 0.017      | 24                    |            | 1           |   | 0.181     | 0.413     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.930                                 | 0.086      | 24                    |            | 1           |   | 1.051     | 2.399     |           |
| 20:1.....g                               | 0.010                                 | 0.003      | 6                     |            | 1           |   | 0.011     | 0.026     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.900                                 |            | 0                     |            | 1           |   | 1.017     | 2.322     |           |
| 18:2 undifferentiated.....g              | 0.690                                 | 0.063      | 24                    |            | 1           |   | 0.780     | 1.780     |           |
| 18:3 undifferentiated.....g              | 0.030                                 | 0.003      | 18                    |            | 1           |   | 0.034     | 0.077     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 | 0.018      | 16                    |            | 1           |   | 0.102     | 0.232     |           |
| 20:5 n-3.....g                           | 0.010                                 | 0.003      | 8                     |            | 1           |   | 0.011     | 0.026     |           |
| 22:5 n-3.....g                           | 0.020                                 | 0.006      | 9                     |            | 1           |   | 0.023     | 0.052     |           |
| 22:6 n-3.....g                           | 0.030                                 | 0.011      | 9                     |            | 1           |   | 0.034     | 0.077     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 72                                    |            | 0                     |            | 1           |   | 81        | 186       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 258g: .5 chicken, bone and skin removed



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.330                                 |            | 0                     |            | 1           |   | 1.929     | 0.200     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.190                                 |            | 0                     |            | 1           |   | 0.276     | 0.029     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.130                                 |            | 0                     |            | 1           |   | 1.639     | 0.170     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.002     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.220                                 |            | 0                     |            | 1           |   | 1.769     | 0.183     |           |
| 18:2 undifferentiated.....g              | 0.830                                 |            | 0                     |            | 1           |   | 1.204     | 0.125     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0                     |            | 1           |   | 0.044     | 0.005     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.290                                 |            | 0                     |            | 1           |   | 0.421     | 0.044     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.002     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1           |   | 0.058     | 0.006     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 357                                   |            | 0                     |            | 1           |   | 518       | 54        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.295                                 |            | 0                     |            | 1           |   | 0.428     | 0.044     |           |
| Threonine.....g                          | 1.217                                 |            | 0                     |            | 1           |   | 1.765     | 0.183     |           |
| Isoleucine.....g                         | 1.333                                 |            | 0                     |            | 1           |   | 1.933     | 0.200     |           |
| Leucine.....g                            | 2.102                                 |            | 0                     |            | 1           |   | 3.048     | 0.315     |           |
| Lysine.....g                             | 1.945                                 |            | 0                     |            | 1           |   | 2.820     | 0.292     |           |
| Methionine.....g                         | 0.674                                 |            | 0                     |            | 1           |   | 0.977     | 0.101     |           |
| Cystine.....g                            | 0.355                                 |            | 0                     |            | 1           |   | 0.515     | 0.053     |           |
| Phenylalanine.....g                      | 1.195                                 |            | 0                     |            | 1           |   | 1.733     | 0.179     |           |
| Tyrosine.....g                           | 0.870                                 |            | 0                     |            | 1           |   | 1.262     | 0.131     |           |
| Valine.....g                             | 1.393                                 |            | 0                     |            | 1           |   | 2.020     | 0.209     |           |
| Arginine.....g                           | 1.809                                 |            | 0                     |            | 1           |   | 2.623     | 0.271     |           |
| Histidine.....g                          | 0.612                                 |            | 0                     |            | 1           |   | 0.887     | 0.092     |           |
| Alanine.....g                            | 1.280                                 |            | 0                     |            | 1           |   | 1.856     | 0.192     |           |
| Aspartic acid.....g                      | 2.503                                 |            | 0                     |            | 1           |   | 3.629     | 0.375     |           |
| Glutamic acid.....g                      | 4.146                                 |            | 0                     |            | 1           |   | 6.012     | 0.622     |           |
| Glycine.....g                            | 1.463                                 |            | 0                     |            | 1           |   | 2.121     | 0.219     |           |
| Proline.....g                            | 1.368                                 |            | 0                     |            | 1           |   | 1.984     | 0.205     |           |
| Serine.....g                             | 1.172                                 |            | 0                     |            | 1           |   | 1.699     | 0.176     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

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

Measure 2 = 15.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05115**  
**Chicken, roasting, giblets, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   | Code  |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.280                                 |            | 0              |       | 1      |   | 0.320     | 1.446     |           |
| 14:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.190                                 |            | 0              |       | 1      |   | 0.048     | 0.215     |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.080                                 |            | 0              |       | 1      |   | 0.270     | 1.220     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |       | 1      |   | 0.003     | 0.011     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.260                                 |            | 0              |       | 1      |   | 0.315     | 1.424     |           |
| 18:2 undifferentiated.....g              | 0.870                                 |            | 0              |       | 1      |   | 0.218     | 0.983     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0              |       | 1      |   | 0.008     | 0.034     |           |
| 18:4.....g                               |                                       |            |                |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.310                                 |            | 0              |       | 1      |   | 0.078     | 0.350     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |       | 1      |   | 0.003     | 0.011     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |       | 1      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |       | 1      |   | 0.005     | 0.023     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |   |           |           |           |
| Cholesterol.....mg                       | 236                                   |            | 0              |       | 1      |   | 59        | 267       |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.200                                 |            | 0              |       | 1      |   | 0.050     | 0.226     |           |
| Threonine.....g                          | 0.825                                 |            | 0              |       | 1      |   | 0.206     | 0.932     |           |
| Isoleucine.....g                         | 0.903                                 |            | 0              |       | 1      |   | 0.226     | 1.020     |           |
| Leucine.....g                            | 1.424                                 |            | 0              |       | 1      |   | 0.356     | 1.609     |           |
| Lysine.....g                             | 1.318                                 |            | 0              |       | 1      |   | 0.330     | 1.489     |           |
| Methionine.....g                         | 0.457                                 |            | 0              |       | 1      |   | 0.114     | 0.516     |           |
| Cystine.....g                            | 0.241                                 |            | 0              |       | 1      |   | 0.060     | 0.272     |           |
| Phenylalanine.....g                      | 0.810                                 |            | 0              |       | 1      |   | 0.203     | 0.915     |           |
| Tyrosine.....g                           | 0.590                                 |            | 0              |       | 1      |   | 0.148     | 0.667     |           |
| Valine.....g                             | 0.943                                 |            | 0              |       | 1      |   | 0.236     | 1.066     |           |
| Arginine.....g                           | 1.227                                 |            | 0              |       | 1      |   | 0.307     | 1.387     |           |
| Histidine.....g                          | 0.415                                 |            | 0              |       | 1      |   | 0.104     | 0.469     |           |
| Alanine.....g                            | 0.866                                 |            | 0              |       | 1      |   | 0.217     | 0.979     |           |
| Aspartic acid.....g                      | 1.696                                 |            | 0              |       | 1      |   | 0.424     | 1.916     |           |
| Glutamic acid.....g                      | 2.812                                 |            | 0              |       | 1      |   | 0.703     | 3.178     |           |
| Glycine.....g                            | 0.991                                 |            | 0              |       | 1      |   | 0.248     | 1.120     |           |
| Proline.....g                            | 0.927                                 |            | 0              |       | 1      |   | 0.232     | 1.048     |           |
| Serine.....g                             | 0.795                                 |            | 0              |       | 1      |   | 0.199     | 0.898     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |        |   |           |           |           |

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

**Common Measures:**

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

Measure 2 = 113g: 1 giblets

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, roasting, light meat, meat only, cooked, roasted**

**Refuse:** 40% 24% bone, 16% skin

[illegible]

NDB No. 05118

Chicken, roasting, light meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.520                                 |            | 0              |            | 1           |   | 2.128     | 1.186     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.200                                 |            | 0              |            | 1           |   | 0.280     | 0.156     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.260                                 |            | 0              |            | 1           |   | 1.764     | 0.983     |           |
| 20:1.....g                               | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.023     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.930                                 |            | 0              |            | 1           |   | 1.302     | 0.725     |           |
| 18:2 undifferentiated.....g              | 0.690                                 |            | 0              |            | 1           |   | 0.966     | 0.538     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.023     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0              |            | 1           |   | 0.140     | 0.078     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.014     | 0.008     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.023     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 75                                    |            | 0              |            | 1           |   | 105       | 59        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.317                                 |            | 0              |            | 1           |   | 0.444     | 0.247     |           |
| Threonine.....g                          | 1.146                                 |            | 0              |            | 1           |   | 1.604     | 0.894     |           |
| Isoleucine.....g                         | 1.433                                 |            | 0              |            | 1           |   | 2.006     | 1.118     |           |
| Leucine.....g                            | 2.036                                 |            | 0              |            | 1           |   | 2.850     | 1.588     |           |
| Lysine.....g                             | 2.305                                 |            | 0              |            | 1           |   | 3.227     | 1.798     |           |
| Methionine.....g                         | 0.751                                 |            | 0              |            | 1           |   | 1.051     | 0.586     |           |
| Cystine.....g                            | 0.347                                 |            | 0              |            | 1           |   | 0.486     | 0.271     |           |
| Phenylalanine.....g                      | 1.077                                 |            | 0              |            | 1           |   | 1.508     | 0.840     |           |
| Tyrosine.....g                           | 0.916                                 |            | 0              |            | 1           |   | 1.282     | 0.714     |           |
| Valine.....g                             | 1.346                                 |            | 0              |            | 1           |   | 1.884     | 1.050     |           |
| Arginine.....g                           | 1.637                                 |            | 0              |            | 1           |   | 2.292     | 1.277     |           |
| Histidine.....g                          | 0.842                                 |            | 0              |            | 1           |   | 1.179     | 0.657     |           |
| Alanine.....g                            | 1.480                                 |            | 0              |            | 1           |   | 2.072     | 1.154     |           |
| Aspartic acid.....g                      | 2.418                                 |            | 0              |            | 1           |   | 3.385     | 1.886     |           |
| Glutamic acid.....g                      | 4.063                                 |            | 0              |            | 1           |   | 5.688     | 3.169     |           |
| Glycine.....g                            | 1.333                                 |            | 0              |            | 1           |   | 1.866     | 1.040     |           |
| Proline.....g                            | 1.116                                 |            | 0              |            | 1           |   | 1.562     | 0.870     |           |
| Serine.....g                             | 0.933                                 |            | 0              |            | 1           |   | 1.306     | 0.728     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

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

Measure 2 = 78g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05117

Chicken, roasting, light meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.480                                 |            | 0                     |            | 1           |   | 0.475     | 1.056     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.070                                 | 0.025      | 5                     |            | 1           |   | 0.069     | 0.154     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.400                                 | 0.136      | 5                     |            | 1           |   | 0.396     | 0.880     |           |
| 20:1.....g                               | 0.010                                 |            | 1                     |            | 1           |   | 0.010     | 0.022     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.400                                 |            | 0                     |            | 1           |   | 0.396     | 0.880     |           |
| 18:2 undifferentiated.....g              | 0.240                                 | 0.079      | 5                     |            | 1           |   | 0.238     | 0.528     |           |
| 18:3 undifferentiated.....g              | 0.010                                 | 0.004      | 5                     |            | 1           |   | 0.010     | 0.022     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 | 0.030      | 5                     |            | 1           |   | 0.079     | 0.176     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 1                     |            | 1           |   | 0.010     | 0.022     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 1                     |            | 1           |   | 0.020     | 0.044     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 57                                    |            | 0                     |            | 1           |   | 56        | 125       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 220g: .5 chicken, bone and skin removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05110

Chicken, roasting, meat and skin and giblets and neck, cooked, roasted

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |         |       |        |            | <u>Amount in edible portion of common</u> |           |           |
|--|--|------------|---------|-------|--------|------------|---|-----------|-----------|
|  | Mean   | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                                 | Measure 2 | Measure 3 |
|  |  |            | of Data | Code  | Code   | Code       |   |           |           |
|  |  |            | Points  |       |        |            |   |           |           |
| Fatty acids, total monounsaturated.....g | 5.220  |            | 0       |       | 1      |            | 55.958                                    | 12.267    |           |
| 14:1.....g                               |  |            |         |       |        |            |   |           |           |
| 15:1.....g                               |  |            |         |       |        |            |   |           |           |
| 16:1 undifferentiated.....g              | 0.720  |            | 0       |       | 1      |            | 7.718                                     | 1.692     |           |
| 17:1.....g                               |  |            |         |       |        |            |   |           |           |
| 18:1 undifferentiated.....g              | 4.300  |            | 0       |       | 1      |            | 46.096                                    | 10.105    |           |
| 20:1.....g                               | 0.130  |            | 0       |       | 1      |            | 1.394                                     | 0.306     |           |
| 22:1 undifferentiated.....g              | 0.000  |            | 0       |       | 4      |            | 0.000                                     | 0.000     |           |
| 24:1 c.....g                             |  |            |         |       |        |            |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.850  |            | 0       |       | 1      |            | 30.552                                    | 6.698     |           |
| 18:2 undifferentiated.....g              | 2.480  |            | 0       |       | 1      |            | 26.586                                    | 5.828     |           |
| 18:3 undifferentiated.....g              | 0.110  |            | 0       |       | 1      |            | 1.179                                     | 0.259     |           |
| 18:4.....g                               |  |            |         |       |        |            |   |           |           |
| 20:2 n-6 c,c.....g                       |  |            |         |       |        |            |   |           |           |
| 20:3 undifferentiated.....g              |  |            |         |       |        |            |   |           |           |
| 20:4 undifferentiated.....g              | 0.120  |            | 0       |       | 1      |            | 1.286                                     | 0.282     |           |
| 20:5 n-3.....g                           | 0.010  |            | 0       |       | 1      |            | 0.107                                     | 0.024     |           |
| 22:5 n-3.....g                           | 0.020  |            | 0       |       | 1      |            | 0.214                                     | 0.047     |           |
| 22:6 n-3.....g                           | 0.030  |            | 0       |       | 1      |            | 0.322                                     | 0.071     |           |
| Fatty acids, total trans.....g           |  |            |         |       |        |            |   |           |           |
| Cholesterol.....mg                       | 94   |            | 0       |       | 1      |            | 1008                                      | 221       |           |
| Phytosterols.....mg                      |  |            |         |       |        |            |   |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |         |       |        |            |   |           |           |
| Tryptophan.....g                         | 0.265  |            | 0       |       | 1      |            | 2.841                                     | 0.623     |           |
| Threonine.....g                          | 0.994  |            | 0       |       | 1      |            | 10.656                                    | 2.336     |           |
| Isoleucine.....g                         | 1.187  |            | 0       |       | 1      |            | 12.725                                    | 2.789     |           |
| Leucine.....g                            | 1.746  |            | 0       |       | 1      |            | 18.717                                    | 4.103     |           |
| Lysine.....g                             | 1.925  |            | 0       |       | 1      |            | 20.636                                    | 4.524     |           |
| Methionine.....g                         | 0.632  |            | 0       |       | 1      |            | 6.775                                     | 1.485     |           |
| Cystine.....g                            | 0.321  |            | 0       |       | 1      |            | 3.441                                     | 0.754     |           |
| Phenylalanine.....g                      | 0.938  |            | 0       |       | 1      |            | 10.055                                    | 2.204     |           |
| Tyrosine.....g                           | 0.767  |            | 0       |       | 1      |            | 8.222                                     | 1.802     |           |
| Valine.....g                             | 1.166  |            | 0       |       | 1      |            | 12.500                                    | 2.740     |           |
| Arginine.....g                           | 1.517  |            | 0       |       | 1      |            | 16.262                                    | 3.565     |           |
| Histidine.....g                          | 0.688  |            | 0       |       | 1      |            | 7.375                                     | 1.617     |           |
| Alanine.....g                            | 1.390  |            | 0       |       | 1      |            | 14.901                                    | 3.267     |           |
| Aspartic acid.....g                      | 2.144  |            | 0       |       | 1      |            | 22.984                                    | 5.038     |           |
| Glutamic acid.....g                      | 3.506  |            | 0       |       | 1      |            | 37.584                                    | 8.239     |           |
| Glycine.....g                            | 1.578  |            | 0       |       | 1      |            | 16.916                                    | 3.708     |           |
| Proline.....g                            | 1.188  |            | 0       |       | 1      |            | 12.735                                    | 2.792     |           |
| Serine.....g                             | 0.862  |            | 0       |       | 1      |            | 9.241                                     | 2.026     |           |
| Hydroxyproline.....g                     |  |            |         |       |        |            |   |           |           |

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

#### Common Measures:

Measure 1 = 1072g: 1 chicken

Measure 2 = 235g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Chicken, roasting, meat and skin and giblets and neck, raw

[illegible]

NDB No. 05109

Chicken, roasting, meat and skin and giblets and neck, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 6.390                                 |            | 0              |            | 1           |                 | 96.425  |           |           |
| 14:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.860                                 |            | 0              |            | 1           |                 | 12.977  |           |           |
| 17:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 5.290                                 |            | 0              |            | 1           |                 | 79.826  |           |           |
| 20:1.....g                               | 0.160                                 |            | 0              |            | 1           |                 | 2.414   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.330                                 |            | 0              |            | 1           |                 | 50.250  |           |           |
| 18:2 undifferentiated.....g              | 2.960                                 |            | 0              |            | 1           |                 | 44.666  |           |           |
| 18:3 undifferentiated.....g              | 0.140                                 |            | 0              |            | 1           |                 | 2.113   |           |           |
| 18:4.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0              |            | 1           |                 | 1.509   |           |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |                 | 0.151   |           |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |                 | 0.151   |           |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |                 | 0.453   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 86                                    |            | 0              |            | 1           |                 | 1298  |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |                 |   |           |           |
| Amino Acids:                             |                                       |            |                |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.189                                 |            | 0              |            | 1           |                 | 2.852   |           |           |
| Threonine.....g                          | 0.709                                 |            | 0              |            | 1           |                 | 10.699  |           |           |
| Isoleucine.....g                         | 0.844                                 |            | 0              |            | 1           |                 | 12.736  |           |           |
| Leucine.....g                            | 1.245                                 |            | 0              |            | 1           |                 | 18.787  |           |           |
| Lysine.....g                             | 1.369                                 |            | 0              |            | 1           |                 | 20.658  |           |           |
| Methionine.....g                         | 0.450                                 |            | 0              |            | 1           |                 | 6.791   |           |           |
| Cystine.....g                            | 0.230                                 |            | 0              |            | 1           |                 | 3.471   |           |           |
| Phenylalanine.....g                      | 0.670                                 |            | 0              |            | 1           |                 | 10.110  |           |           |
| Tyrosine.....g                           | 0.547                                 |            | 0              |            | 1           |                 | 8.254   |           |           |
| Valine.....g                             | 0.831                                 |            | 0              |            | 1           |                 | 12.540  |           |           |
| Arginine.....g                           | 1.085                                 |            | 0              |            | 1           |                 | 16.373  |           |           |
| Histidine.....g                          | 0.489                                 |            | 0              |            | 1           |                 | 7.379   |           |           |
| Alanine.....g                            | 0.993                                 |            | 0              |            | 1           |                 | 14.984  |           |           |
| Aspartic acid.....g                      | 1.530                                 |            | 0              |            | 1           |                 | 23.088  |           |           |
| Glutamic acid.....g                      | 2.500                                 |            | 0              |            | 1           |                 | 37.725  |           |           |
| Glycine.....g                            | 1.136                                 |            | 0              |            | 1           |                 | 17.142  |           |           |
| Proline.....g                            | 0.853                                 |            | 0              |            | 1           |                 | 12.872  |           |           |
| Serine.....g                             | 0.617                                 |            | 0              |            | 1           |                 | 9.311   |           |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |                 |   |           |           |

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

#### Common Measures:

Measure 1 = 1509g: 1 chicken

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05112

Chicken, roasting, 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<br>of Data Points | Deriv<br>Code | Source<br>Code                                      | Confidence<br>Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |   |                    |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.400                                 |            | 0                        |               | 1   |                    | 11.340    | 25.920    |           |
| 14:1.....g                               |                                       |            |                          |               |   |                    |           |           |           |
| 15:1.....g                               |                                       |            |                          |               |   |                    |           |           |           |
| 16:1 undifferentiated.....g              | 0.740                                 |            | 0                        |               | 1   |                    | 1.554     | 3.552     |           |
| 17:1.....g                               |                                       |            |                          |               |   |                    |           |           |           |
| 18:1 undifferentiated.....g              | 4.450                                 |            | 0                        |               | 1   |                    | 9.345     | 21.360    |           |
| 20:1.....g                               | 0.140                                 |            | 0                        |               | 1   |                    | 0.294     | 0.672     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 4   |                    | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |   |                    |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.920                                 |            | 0                        |               | 1   |                    | 6.132     | 14.016    |           |
| 18:2 undifferentiated.....g              | 2.550                                 |            | 0                        |               | 1   |                    | 5.355     | 12.240    |           |
| 18:3 undifferentiated.....g              | 0.120                                 |            | 0                        |               | 1   |                    | 0.252     | 0.576     |           |
| 18:4.....g                               |                                       |            |                          |               |   |                    |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |   |                    |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |   |                    |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0                        |               | 1   |                    | 0.231     | 0.528     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                        |               | 1   |                    | 0.021     | 0.048     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1   |                    | 0.042     | 0.096     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                        |               | 1   |                    | 0.063     | 0.144     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |   |                    |           |           |           |
| Cholesterol.....mg                       | 76                                    |            | 0                        |               | 1   |                    | 160       | 365       |           |
| Phytosterols.....mg                      |                                       |            |                          |               |   |                    |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |   |                    |           |           |           |
| Tryptophan.....g                         | 0.266                                 |            | 0                        |               | 1   |                    | 0.559     | 1.277     |           |
| Threonine.....g                          | 0.989                                 |            | 0                        |               | 1   |                    | 2.077     | 4.747     |           |
| Isoleucine.....g                         | 1.191                                 |            | 0                        |               | 1   |                    | 2.501     | 5.717     |           |
| Leucine.....g                            | 1.739                                 |            | 0                        |               | 1   |                    | 3.652     | 8.347     |           |
| Lysine.....g                             | 1.945                                 |            | 0                        |               | 1   |                    | 4.085     | 9.336     |           |
| Methionine.....g                         | 0.636                                 |            | 0                        |               | 1   |                    | 1.336     | 3.053     |           |
| Cystine.....g                            | 0.320                                 |            | 0                        |               | 1   |                    | 0.672     | 1.536     |           |
| Phenylalanine.....g                      | 0.929                                 |            | 0                        |               | 1   |                    | 1.951     | 4.459     |           |
| Tyrosine.....g                           | 0.769                                 |            | 0                        |               | 1   |                    | 1.615     | 3.691     |           |
| Valine.....g                             | 1.162                                 |            | 0                        |               | 1   |                    | 2.440     | 5.578     |           |
| Arginine.....g                           | 1.506                                 |            | 0                        |               | 1   |                    | 3.163     | 7.229     |           |
| Histidine.....g                          | 0.701                                 |            | 0                        |               | 1   |                    | 1.472     | 3.365     |           |
| Alanine.....g                            | 1.403                                 |            | 0                        |               | 1   |                    | 2.946     | 6.734     |           |
| Aspartic acid.....g                      | 2.137                                 |            | 0                        |               | 1   |                    | 4.488     | 10.258    |           |
| Glutamic acid.....g                      | 3.497                                 |            | 0                        |               | 1   |                    | 7.344     | 16.786    |           |
| Glycine.....g                            | 1.574                                 |            | 0                        |               | 1   |                    | 3.305     | 7.555     |           |
| Proline.....g                            | 1.173                                 |            | 0                        |               | 1   |                    | 2.463     | 5.630     |           |
| Serine.....g                             | 0.847                                 |            | 0                        |               | 1   |                    | 1.779     | 4.066     |           |
| Hydroxyproline.....g                     |                                       |            |                          |               |   |                    |           |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |   |                    |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        | Z             | 7   |                    | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |   |                    |           |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |   |                    |           |           |           |

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

**Common Measures:**

Measure 1 = 210g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 480g: .5 chicken, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05111

Chicken, roasting, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.640                                 |            | 0              |            | 1           |   | 19.455    | 44.355    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.890                                 |            | 0              |            | 1           |   | 2.608     | 5.945     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.490                                 |            | 0              |            | 1           |   | 16.086    | 36.673    |           |
| 20:1.....g                               | 0.170                                 |            | 0              |            | 1           |   | 0.498     | 1.136     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.400                                 |            | 0              |            | 1           |   | 9.962     | 22.712    |           |
| 18:2 undifferentiated.....g              | 3.040                                 |            | 0              |            | 1           |   | 8.907     | 20.307    |           |
| 18:3 undifferentiated.....g              | 0.150                                 |            | 0              |            | 1           |   | 0.440     | 1.002     |           |
| 18:4.....g                               | 0.000                                 |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0              |            | 1           |   | 0.234     | 0.534     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.029     | 0.067     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.029     | 0.067     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.088     | 0.200     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 0              |            | 1           |   | 214       | 488       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.190                                 |            | 0              |            | 1           |   | 0.557     | 1.269     |           |
| Threonine.....g                          | 0.706                                 |            | 0              |            | 1           |   | 2.069     | 4.716     |           |
| Isoleucine.....g                         | 0.851                                 |            | 0              |            | 1           |   | 2.493     | 5.685     |           |
| Leucine.....g                            | 1.244                                 |            | 0              |            | 1           |   | 3.645     | 8.310     |           |
| Lysine.....g                             | 1.390                                 |            | 0              |            | 1           |   | 4.073     | 9.285     |           |
| Methionine.....g                         | 0.454                                 |            | 0              |            | 1           |   | 1.330     | 3.033     |           |
| Cystine.....g                            | 0.230                                 |            | 0              |            | 1           |   | 0.674     | 1.536     |           |
| Phenylalanine.....g                      | 0.665                                 |            | 0              |            | 1           |   | 1.948     | 4.442     |           |
| Tyrosine.....g                           | 0.550                                 |            | 0              |            | 1           |   | 1.612     | 3.674     |           |
| Valine.....g                             | 0.831                                 |            | 0              |            | 1           |   | 2.435     | 5.551     |           |
| Arginine.....g                           | 1.078                                 |            | 0              |            | 1           |   | 3.159     | 7.201     |           |
| Histidine.....g                          | 0.501                                 |            | 0              |            | 1           |   | 1.468     | 3.347     |           |
| Alanine.....g                            | 1.005                                 |            | 0              |            | 1           |   | 2.945     | 6.713     |           |
| Aspartic acid.....g                      | 1.529                                 |            | 0              |            | 1           |   | 4.480     | 10.214    |           |
| Glutamic acid.....g                      | 2.500                                 |            | 0              |            | 1           |   | 7.325     | 16.700    |           |
| Glycine.....g                            | 1.131                                 |            | 0              |            | 1           |   | 3.314     | 7.555     |           |
| Proline.....g                            | 0.842                                 |            | 0              |            | 1           |   | 2.467     | 5.625     |           |
| Serine.....g                             | 0.606                                 |            | 0              |            | 1           |   | 1.776     | 4.048     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | z          | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 293g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 668g: .5 chicken, bone removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05114

Chicken, roasting, meat only, cooked, roasted

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |         |       |        |            | <u>Amount in edible portion of common</u> |           |           |
|--|--|------------|---------|-------|--------|------------|---|-----------|-----------|
|  | Mean   | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                                 | Measure 2 | Measure 3 |
|  |  |            | of Data | Code  | Code   | Code       |   |           |           |
|  |  |            | Points  |       |        |            |   |           |           |
| Fatty acids, total monounsaturated.....g | 2.500  |            | 0       |       | 1      |            | 3.500                                     | 4.275     |           |
| 14:1.....g                               |  |            |         |       |        |            |   |           |           |
| 15:1.....g                               |  |            |         |       |        |            |   |           |           |
| 16:1 undifferentiated.....g              | 0.340  |            | 0       |       | 1      |            | 0.476                                     | 0.581     |           |
| 17:1.....g                               |  |            |         |       |        |            |   |           |           |
| 18:1 undifferentiated.....g              | 2.080  |            | 0       |       | 1      |            | 2.912                                     | 3.557     |           |
| 20:1.....g                               | 0.040  |            | 0       |       | 1      |            | 0.056                                     | 0.068     |           |
| 22:1 undifferentiated.....g              | 0.000  |            | 0       |       | 4      |            | 0.000                                     | 0.000     |           |
| 24:1 c.....g                             |  |            |         |       |        |            |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.510  |            | 0       |       | 1      |            | 2.114                                     | 2.582     |           |
| 18:2 undifferentiated.....g              | 1.240  |            | 0       |       | 1      |            | 1.736                                     | 2.120     |           |
| 18:3 undifferentiated.....g              | 0.060  |            | 0       |       | 1      |            | 0.084                                     | 0.103     |           |
| 18:4.....g                               |  |            |         |       |        |            |   |           |           |
| 20:2 n-6 c,c.....g                       |  |            |         |       |        |            |   |           |           |
| 20:3 undifferentiated.....g              |  |            |         |       |        |            |   |           |           |
| 20:4 undifferentiated.....g              | 0.100  |            | 0       |       | 1      |            | 0.140                                     | 0.171     |           |
| 20:5 n-3.....g                           | 0.010  |            | 0       |       | 1      |            | 0.014                                     | 0.017     |           |
| 22:5 n-3.....g                           | 0.020  |            | 0       |       | 1      |            | 0.028                                     | 0.034     |           |
| 22:6 n-3.....g                           | 0.030  |            | 0       |       | 1      |            | 0.042                                     | 0.051     |           |
| Fatty acids, total trans.....g           |  |            |         |       |        |            |   |           |           |
| Cholesterol.....mg                       | 75   |            | 0       |       | 1      |            | 105                                       | 128       |           |
| Phytosterols.....mg                      |  |            |         |       |        |            |   |           |           |
| <u>Amino Acids:</u>                      |  |            |         |       |        |            |   |           |           |
| Tryptophan.....g                         | 0.292  |            | 0       |       | 1      |            | 0.409                                     | 0.499     |           |
| Threonine.....g                          | 1.056  |            | 0       |       | 1      |            | 1.478                                     | 1.806     |           |
| Isoleucine.....g                         | 1.321  |            | 0       |       | 1      |            | 1.849                                     | 2.259     |           |
| Leucine.....g                            | 1.877  |            | 0       |       | 1      |            | 2.628                                     | 3.210     |           |
| Lysine.....g                             | 2.125  |            | 0       |       | 1      |            | 2.975                                     | 3.634     |           |
| Methionine.....g                         | 0.693  |            | 0       |       | 1      |            | 0.970                                     | 1.185     |           |
| Cystine.....g                            | 0.320  |            | 0       |       | 1      |            | 0.448                                     | 0.547     |           |
| Phenylalanine.....g                      | 0.993  |            | 0       |       | 1      |            | 1.390                                     | 1.698     |           |
| Tyrosine.....g                           | 0.844  |            | 0       |       | 1      |            | 1.182                                     | 1.443     |           |
| Valine.....g                             | 1.240  |            | 0       |       | 1      |            | 1.736                                     | 2.120     |           |
| Arginine.....g                           | 1.509  |            | 0       |       | 1      |            | 2.113                                     | 2.580     |           |
| Histidine.....g                          | 0.776  |            | 0       |       | 1      |            | 1.086                                     | 1.327     |           |
| Alanine.....g                            | 1.365  |            | 0       |       | 1      |            | 1.911                                     | 2.334     |           |
| Aspartic acid.....g                      | 2.229  |            | 0       |       | 1      |            | 3.121                                     | 3.812     |           |
| Glutamic acid.....g                      | 3.745  |            | 0       |       | 1      |            | 5.243                                     | 6.404     |           |
| Glycine.....g                            | 1.229  |            | 0       |       | 1      |            | 1.721                                     | 2.102     |           |
| Proline.....g                            | 1.029  |            | 0       |       | 1      |            | 1.441                                     | 1.760     |           |
| Serine.....g                             | 0.860  |            | 0       |       | 1      |            | 1.204                                     | 1.471     |           |
| Hydroxyproline.....g                     |  |            |         |       |        |            |   |           |           |

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

**Common Measures:**

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

Measure 2 = 171g: 1 unit (yield from 1 lb ready-to-cook chicken)

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05113**  
**Chicken, roasting, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.830                                 |            | 0              |            | 1           |   | 1.735     | 3.959     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.120                                 |            | 0              |            | 1           |   | 0.251     | 0.572     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.690                                 |            | 0              |            | 1           |   | 1.442     | 3.291     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.021     | 0.048     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.670                                 |            | 0              |            | 1           |   | 1.400     | 3.196     |           |
| 18:2 undifferentiated.....g              | 0.480                                 |            | 0              |            | 1           |   | 1.003     | 2.290     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0              |            | 1           |   | 0.042     | 0.095     |           |
| 18:4.....g                               | 0.000                                 |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0              |            | 1           |   | 0.167     | 0.382     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.021     | 0.048     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.021     | 0.048     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.063     | 0.143     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 65                                    |            | 0              |            | 1           |   | 136       | 310       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.237                                 |            | 0              |            | 1           |   | 0.495     | 1.130     |           |
| Threonine.....g                          | 0.859                                 |            | 0              |            | 1           |   | 1.795     | 4.097     |           |
| Isoleucine.....g                         | 1.073                                 |            | 0              |            | 1           |   | 2.243     | 5.118     |           |
| Leucine.....g                            | 1.526                                 |            | 0              |            | 1           |   | 3.189     | 7.279     |           |
| Lysine.....g                             | 1.727                                 |            | 0              |            | 1           |   | 3.609     | 8.238     |           |
| Methionine.....g                         | 0.563                                 |            | 0              |            | 1           |   | 1.177     | 2.686     |           |
| Cystine.....g                            | 0.260                                 |            | 0              |            | 1           |   | 0.543     | 1.240     |           |
| Phenylalanine.....g                      | 0.807                                 |            | 0              |            | 1           |   | 1.687     | 3.849     |           |
| Tyrosine.....g                           | 0.686                                 |            | 0              |            | 1           |   | 1.434     | 3.272     |           |
| Valine.....g                             | 1.008                                 |            | 0              |            | 1           |   | 2.107     | 4.808     |           |
| Arginine.....g                           | 1.226                                 |            | 0              |            | 1           |   | 2.562     | 5.848     |           |
| Histidine.....g                          | 0.631                                 |            | 0              |            | 1           |   | 1.319     | 3.010     |           |
| Alanine.....g                            | 1.109                                 |            | 0              |            | 1           |   | 2.318     | 5.290     |           |
| Aspartic acid.....g                      | 1.812                                 |            | 0              |            | 1           |   | 3.787     | 8.643     |           |
| Glutamic acid.....g                      | 3.045                                 |            | 0              |            | 1           |   | 6.364     | 14.525    |           |
| Glycine.....g                            | 0.998                                 |            | 0              |            | 1           |   | 2.086     | 4.760     |           |
| Proline.....g                            | 0.836                                 |            | 0              |            | 1           |   | 1.747     | 3.988     |           |
| Serine.....g                             | 0.700                                 |            | 0              |            | 1           |   | 1.463     | 3.339     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 209g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 477g: .5 chicken, bone and skin removed



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05132

Chicken, stewing, dark meat, meat only, cooked, stewed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 5.240                                 |            | 0              |            | 1           |                 | 7.336   | 3.825     |           |
| 14:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.730                                 |            | 0              |            | 1           |                 | 1.022   | 0.533     |           |
| 17:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 4.370                                 |            | 0              |            | 1           |                 | 6.118   | 3.190     |           |
| 20:1.....g                               | 0.060                                 |            | 0              |            | 1           |                 | 0.084   | 0.044     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |                 | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.650                                 |            | 0              |            | 1           |                 | 5.110   | 2.665     |           |
| 18:2 undifferentiated.....g              | 2.930                                 |            | 0              |            | 1           |                 | 4.102   | 2.139     |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0              |            | 1           |                 | 0.182   | 0.095     |           |
| 18:4.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.280                                 |            | 0              |            | 1           |                 | 0.392   | 0.204     |           |
| 20:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |                 | 0.042   | 0.022     |           |
| 22:5 n-3.....g                           | 0.060                                 |            | 0              |            | 1           |                 | 0.084   | 0.044     |           |
| 22:6 n-3.....g                           | 0.110                                 |            | 0              |            | 1           |                 | 0.154   | 0.080     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 95                                    |            | 0              |            | 1           |                 | 133   | 69        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |                 |   |           |           |
| Amino Acids:                             |                                       |            |                |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.329                                 |            | 0              |            | 1           |                 | 0.461   | 0.240     |           |
| Threonine.....g                          | 1.189                                 |            | 0              |            | 1           |                 | 1.665   | 0.868     |           |
| Isoleucine.....g                         | 1.486                                 |            | 0              |            | 1           |                 | 2.080   | 1.085     |           |
| Leucine.....g                            | 2.112                                 |            | 0              |            | 1           |                 | 2.957   | 1.542     |           |
| Lysine.....g                             | 2.391                                 |            | 0              |            | 1           |                 | 3.347   | 1.745     |           |
| Methionine.....g                         | 0.779                                 |            | 0              |            | 1           |                 | 1.091   | 0.569     |           |
| Cystine.....g                            | 0.360                                 |            | 0              |            | 1           |                 | 0.504   | 0.263     |           |
| Phenylalanine.....g                      | 1.117                                 |            | 0              |            | 1           |                 | 1.564   | 0.815     |           |
| Tyrosine.....g                           | 0.950                                 |            | 0              |            | 1           |                 | 1.330   | 0.694     |           |
| Valine.....g                             | 1.396                                 |            | 0              |            | 1           |                 | 1.954   | 1.019     |           |
| Arginine.....g                           | 1.698                                 |            | 0              |            | 1           |                 | 2.377   | 1.240     |           |
| Histidine.....g                          | 0.874                                 |            | 0              |            | 1           |                 | 1.224   | 0.638     |           |
| Alanine.....g                            | 1.536                                 |            | 0              |            | 1           |                 | 2.150   | 1.121     |           |
| Aspartic acid.....g                      | 2.508                                 |            | 0              |            | 1           |                 | 3.511   | 1.831     |           |
| Glutamic acid.....g                      | 4.215                                 |            | 0              |            | 1           |                 | 5.901   | 3.077     |           |
| Glycine.....g                            | 1.382                                 |            | 0              |            | 1           |                 | 1.935   | 1.009     |           |
| Proline.....g                            | 1.157                                 |            | 0              |            | 1           |                 | 1.620   | 0.845     |           |
| Serine.....g                             | 0.968                                 |            | 0              |            | 1           |                 | 1.355   | 0.707     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |                 |   |           |           |

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

#### Common Measures:

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

Measure 2 = 73g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05131

Chicken, stewing, dark meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.520                                 |            | 0                     |            | 1           |   | 2.646     | 3.881     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.370                                 | 0.027      | 24                    |            | 1           |   | 0.389     | 0.570     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.100                                 | 0.117      | 24                    |            | 1           |   | 2.205     | 3.234     |           |
| 20:1.....g                               | 0.020                                 | 0.006      | 6                     |            | 1           |   | 0.021     | 0.031     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.020                                 |            | 0                     |            | 1           |   | 2.121     | 3.111     |           |
| 18:2 undifferentiated.....g              | 1.550                                 | 0.084      | 24                    |            | 1           |   | 1.628     | 2.387     |           |
| 18:3 undifferentiated.....g              | 0.070                                 | 0.006      | 18                    |            | 1           |   | 0.074     | 0.108     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.190                                 | 0.036      | 16                    |            | 1           |   | 0.200     | 0.293     |           |
| 20:5 n-3.....g                           | 0.020                                 | 0.007      | 8                     |            | 1           |   | 0.021     | 0.031     |           |
| 22:5 n-3.....g                           | 0.040                                 | 0.011      | 9                     |            | 1           |   | 0.042     | 0.062     |           |
| 22:6 n-3.....g                           | 0.080                                 | 0.023      | 9                     |            | 1           |   | 0.084     | 0.123     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 77                                    | 3.341      | 4                     |            | 1           |   | 81        | 119       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 154g: .5 chicken, bone and skin removed

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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**NDB No. 05128**  
**Chicken, stewing, giblets, cooked, simmered**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.940                                 |            | 0                     |            | 1   |                 | 4.263     | 0.500     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.290                                 |            | 0                     |            | 1   |                 | 0.421     | 0.049     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.660                                 |            | 0                     |            | 1   |                 | 3.857     | 0.452     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.890                                 |            | 0                     |            | 1   |                 | 2.741     | 0.321     |           |
| 18:2 undifferentiated.....g              | 1.430                                 |            | 0                     |            | 1   |                 | 2.074     | 0.243     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0                     |            | 1   |                 | 0.073     | 0.009     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.380                                 |            | 0                     |            | 1   |                 | 0.551     | 0.065     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 355                                   |            | 0                     |            | 1   |                 | 515       | 60        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.291                                 |            | 0                     |            | 1   |                 | 0.422     | 0.049     |           |
| Threonine.....g                          | 1.167                                 |            | 0                     |            | 1   |                 | 1.692     | 0.198     |           |
| Isoleucine.....g                         | 1.288                                 |            | 0                     |            | 1   |                 | 1.868     | 0.219     |           |
| Leucine.....g                            | 2.046                                 |            | 0                     |            | 1   |                 | 2.967     | 0.348     |           |
| Lysine.....g                             | 1.875                                 |            | 0                     |            | 1   |                 | 2.719     | 0.319     |           |
| Methionine.....g                         | 0.645                                 |            | 0                     |            | 1   |                 | 0.935     | 0.110     |           |
| Cystine.....g                            | 0.342                                 |            | 0                     |            | 1   |                 | 0.496     | 0.058     |           |
| Phenylalanine.....g                      | 1.160                                 |            | 0                     |            | 1   |                 | 1.682     | 0.197     |           |
| Tyrosine.....g                           | 0.842                                 |            | 0                     |            | 1   |                 | 1.221     | 0.143     |           |
| Valine.....g                             | 1.363                                 |            | 0                     |            | 1   |                 | 1.976     | 0.232     |           |
| Arginine.....g                           | 1.724                                 |            | 0                     |            | 1   |                 | 2.500     | 0.293     |           |
| Histidine.....g                          | 0.596                                 |            | 0                     |            | 1   |                 | 0.864     | 0.101     |           |
| Alanine.....g                            | 1.252                                 |            | 0                     |            | 1   |                 | 1.815     | 0.213     |           |
| Aspartic acid.....g                      | 2.408                                 |            | 0                     |            | 1   |                 | 3.492     | 0.409     |           |
| Glutamic acid.....g                      | 3.928                                 |            | 0                     |            | 1   |                 | 5.696     | 0.668     |           |
| Glycine.....g                            | 1.414                                 |            | 0                     |            | 1   |                 | 2.050     | 0.240     |           |
| Proline.....g                            | 1.311                                 |            | 0                     |            | 1   |                 | 1.901     | 0.223     |           |
| Serine.....g                             | 1.125                                 |            | 0                     |            | 1   |                 | 1.631     | 0.191     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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

**Common Measures:**

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

Measure 2 = 17g: 1 unit (yield from 1 lb ready-to-cook chicken)

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Refuse: 0%**

[illegible]

**NDB No. 05127**  
**Chicken, stewing, giblets, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.750                                 |            | 0       |       | 1      |   | 0.770     | 2.228     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.310                                 |            | 0       |       | 1      |   | 0.087     | 0.251     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.440                                 |            | 0       |       | 1      |   | 0.683     | 1.976     |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.100                                 |            | 0       |       | 1      |   | 0.588     | 1.701     |           |
| 18:2 undifferentiated.....g              | 1.550                                 |            | 0       |       | 1      |   | 0.434     | 1.256     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0       |       | 1      |   | 0.014     | 0.041     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.470                                 |            | 0       |       | 1      |   | 0.132     | 0.381     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 240                                   |            | 0       |       | 1      |   | 67        | 194       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.203                                 |            | 0       |       | 1      |   | 0.057     | 0.164     |           |
| Threonine.....g                          | 0.812                                 |            | 0       |       | 1      |   | 0.227     | 0.658     |           |
| Isoleucine.....g                         | 0.896                                 |            | 0       |       | 1      |   | 0.251     | 0.726     |           |
| Leucine.....g                            | 1.425                                 |            | 0       |       | 1      |   | 0.399     | 1.154     |           |
| Lysine.....g                             | 1.306                                 |            | 0       |       | 1      |   | 0.366     | 1.058     |           |
| Methionine.....g                         | 0.448                                 |            | 0       |       | 1      |   | 0.125     | 0.363     |           |
| Cystine.....g                            | 0.238                                 |            | 0       |       | 1      |   | 0.067     | 0.193     |           |
| Phenylalanine.....g                      | 0.807                                 |            | 0       |       | 1      |   | 0.226     | 0.654     |           |
| Tyrosine.....g                           | 0.586                                 |            | 0       |       | 1      |   | 0.164     | 0.475     |           |
| Valine.....g                             | 0.949                                 |            | 0       |       | 1      |   | 0.266     | 0.769     |           |
| Arginine.....g                           | 1.198                                 |            | 0       |       | 1      |   | 0.335     | 0.970     |           |
| Histidine.....g                          | 0.416                                 |            | 0       |       | 1      |   | 0.116     | 0.337     |           |
| Alanine.....g                            | 0.874                                 |            | 0       |       | 1      |   | 0.245     | 0.708     |           |
| Aspartic acid.....g                      | 1.676                                 |            | 0       |       | 1      |   | 0.469     | 1.358     |           |
| Glutamic acid.....g                      | 2.729                                 |            | 0       |       | 1      |   | 0.764     | 2.210     |           |
| Glycine.....g                            | 0.983                                 |            | 0       |       | 1      |   | 0.275     | 0.796     |           |
| Proline.....g                            | 0.912                                 |            | 0       |       | 1      |   | 0.255     | 0.739     |           |
| Serine.....g                             | 0.782                                 |            | 0       |       | 1      |   | 0.219     | 0.633     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

**Common Measures:**

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

Measure 2 = 81g: 1 giblets

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05130

Chicken, stewing, light meat, meat only, cooked, stewed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.690                                 |            | 0              |            | 1           |   | 3.766     | 1.722     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.360                                 |            | 0              |            | 1           |   | 0.504     | 0.230     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.220                                 |            | 0              |            | 1           |   | 3.108     | 1.421     |           |
| 20:1.....g                               | 0.050                                 |            | 0              |            | 1           |   | 0.070     | 0.032     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.890                                 |            | 0              |            | 1           |   | 2.646     | 1.210     |           |
| 18:2 undifferentiated.....g              | 1.260                                 |            | 0              |            | 1           |   | 1.764     | 0.806     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0              |            | 1           |   | 0.084     | 0.038     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.290                                 |            | 0              |            | 1           |   | 0.406     | 0.186     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.019     |           |
| 22:6 n-3.....g                           | 0.080                                 |            | 0              |            | 1           |   | 0.112     | 0.051     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 70                                    |            | 0              |            | 1           |   | 98        | 45        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.386                                 |            | 0              |            | 1           |   | 0.540     | 0.247     |           |
| Threonine.....g                          | 1.396                                 |            | 0              |            | 1           |   | 1.954     | 0.893     |           |
| Isoleucine.....g                         | 1.744                                 |            | 0              |            | 1           |   | 2.442     | 1.116     |           |
| Leucine.....g                            | 2.479                                 |            | 0              |            | 1           |   | 3.471     | 1.587     |           |
| Lysine.....g                             | 2.807                                 |            | 0              |            | 1           |   | 3.930     | 1.796     |           |
| Methionine.....g                         | 0.914                                 |            | 0              |            | 1           |   | 1.280     | 0.585     |           |
| Cystine.....g                            | 0.423                                 |            | 0              |            | 1           |   | 0.592     | 0.271     |           |
| Phenylalanine.....g                      | 1.311                                 |            | 0              |            | 1           |   | 1.835     | 0.839     |           |
| Tyrosine.....g                           | 1.115                                 |            | 0              |            | 1           |   | 1.561     | 0.714     |           |
| Valine.....g                             | 1.639                                 |            | 0              |            | 1           |   | 2.295     | 1.049     |           |
| Arginine.....g                           | 1.993                                 |            | 0              |            | 1           |   | 2.790     | 1.276     |           |
| Histidine.....g                          | 1.025                                 |            | 0              |            | 1           |   | 1.435     | 0.656     |           |
| Alanine.....g                            | 1.803                                 |            | 0              |            | 1           |   | 2.524     | 1.154     |           |
| Aspartic acid.....g                      | 2.944                                 |            | 0              |            | 1           |   | 4.122     | 1.884     |           |
| Glutamic acid.....g                      | 4.948                                 |            | 0              |            | 1           |   | 6.927     | 3.167     |           |
| Glycine.....g                            | 1.623                                 |            | 0              |            | 1           |   | 2.272     | 1.039     |           |
| Proline.....g                            | 1.359                                 |            | 0              |            | 1           |   | 1.903     | 0.870     |           |
| Serine.....g                             | 1.136                                 |            | 0              |            | 1           |   | 1.590     | 0.727     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05129

Chicken, stewing, light meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.250                                 |            | 0              |            | 1           |   | 1.113     | 1.625     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.170                                 | 0.053      | 5              |            | 1           |   | 0.151     | 0.221     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.020                                 | 0.269      | 5              |            | 1           |   | 0.908     | 1.326     |           |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 1           |   | 0.018     | 0.026     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.040                                 |            | 0              |            | 1           |   | 0.926     | 1.352     |           |
| 18:2 undifferentiated.....g              | 0.610                                 | 0.156      | 5              |            | 1           |   | 0.543     | 0.793     |           |
| 18:3 undifferentiated.....g              | 0.030                                 | 0.009      | 5              |            | 1           |   | 0.027     | 0.039     |           |
| 18:4.....g                               | 0.000                                 |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.210                                 | 0.063      | 5              |            | 1           |   | 0.187     | 0.273     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 1              |            | 1           |   | 0.018     | 0.026     |           |
| 22:6 n-3.....g                           | 0.060                                 |            | 1              |            | 1           |   | 0.053     | 0.078     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 47                                    | 1.279      | 24             |            | 1           |   | 42        | 61        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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                     |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 89g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |       | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|-------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points | Code  |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |       |   |                 |           |           |           |
| Water.....g                           | 64.24                                 |            | 0              | PIE   | 4   |                 | 102.78    | 129.76    | 380.92    |
| Energy.....kcal                       | 214                                   |            | 0              | PIE   | 4   |                 | 342       | 432       | 1268      |
| Energy.....kj                         | 894                                   |            | 0              | PIE   | 4   |                 | 1431      | 1807      | 5304      |
| Protein (N x 6.25).....g              | 24.88                                 |            | 0              | PIE   | 4   |                 | 39.81     | 50.26     | 147.54    |
| Total lipid (fat).....g               | 11.91                                 |            | 0              | PIE   | 4   |                 | 19.05     | 24.05     | 70.61     |
| Ash.....g                             | 0.79                                  |            | 0              | PIE   | 4   |                 | 1.26      | 1.59      | 4.68      |
| Carbohydrate, by difference.....g     | 0.03                                  |            | 0              | PIE   | 4   |                 | 0.06      | 0.07      | 0.21      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | PIE   | 4   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | PIE   | 4   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |       |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |       |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 13                                    |            | 0              | PIE   | 4   |                 | 21        | 26        | 77        |
| Iron, Fe.....mg                       | 1.64                                  |            | 0              | PIE   | 4   |                 | 2.62      | 3.31      | 9.70      |
| Magnesium, Mg.....mg                  | 19                                    |            | 0              | PIE   | 4   |                 | 30        | 38        | 110       |
| Phosphorus, P.....mg                  | 151                                   |            | 0              | PIE   | 4   |                 | 242       | 305       | 896       |
| Potassium, K.....mg                   | 171                                   |            | 0              | PIE   | 4   |                 | 273       | 345       | 1012      |
| Sodium, Na.....mg                     | 67                                    |            | 0              | PIE   | 4   |                 | 107       | 135       | 397       |
| Zinc, Zn.....mg                       | 1.96                                  |            | 0              | PIE   | 4   |                 | 3.14      | 3.96      | 11.62     |
| Copper, Cu.....mg                     | 0.079                                 |            | 0              | PIE   | 4   |                 | 0.127     | 0.160     | 0.470     |
| Manganese, Mn.....mg                  | 0.034                                 |            | 0              | PIE   | 4   |                 | 0.054     | 0.068     | 0.199     |
| Selenium, Se.....mcg                  | 21.4                                  |            | 0              | PIE   | 4   |                 | 34.2      | 43.2      | 126.7     |
| <b>Vitamins:</b>                      |                                       |            |                |       |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 1.0                                   |            | 0              | PIE   | 4   |                 | 1.6       | 2.0       | 6.0       |
| Thiamin.....mg                        | 0.054                                 |            | 0              | PIE   | 4   |                 | 0.086     | 0.109     | 0.319     |
| Riboflavin.....mg                     | 0.221                                 |            | 0              | PIE   | 4   |                 | 0.354     | 0.447     | 1.312     |
| Niacin.....mg                         | 5.677                                 |            | 0              | PIE   | 4   |                 | 9.084     | 11.469    | 33.667    |
| Pantothenic acid.....mg               | 0.878                                 |            | 0              | PIE   | 4   |                 | 1.405     | 1.774     | 5.207     |
| Vitamin B-6.....mg                    | 0.234                                 |            | 0              | PIE   | 4   |                 | 0.375     | 0.473     | 1.389     |
| Folate, total.....mcg                 | 25                                    |            | 0              | PIE   | 4   |                 | 41        | 51        | 151       |
| Folic acid.....mcg                    | 0                                     |            | 0              | PIE   | 4   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 25                                    |            | 0              | PIE   | 4   |                 | 41        | 51        | 151       |
| Folate, DFE.....mcg_DFE               | 25                                    |            | 0              | NC    | 4   |                 | 41        | 51        | 151       |
| Vitamin B-12.....mcg                  | 0.95                                  |            | 0              | PIE   | 4   |                 | 1.52      | 1.92      | 5.62      |
| Vitamin A, IU.....IU                  | 604                                   |            | 0              | PIE   | 4   |                 | 966       | 1220      | 3580      |
| Vitamin A, RAE.....mcg_RAE            | 181                                   |            | 0              | PIE   | 4   |                 | 289       | 365       | 1070      |
| Retinol.....mcg                       | 180                                   |            | 0              | PIE   | 4   |                 | 289       | 364       | 1070      |
| Vitamin E (alpha-tocopherol).....mg   | 0.28                                  |            | 0              | PIE   | 4   |                 | 0.45      | 0.57      | 1.67      |
| Tocopherol, beta.....mg               | 0.00                                  |            | 0              | PIE   | 4   |                 | 0.00      | 0.00      | 0.00      |
| Tocopherol, gamma.....mg              | 0.02                                  |            | 0              | PIE   | 4   |                 | 0.03      | 0.04      | 0.11      |
| Tocopherol, delta.....mg              | 0.00                                  |            | 0              | PIE   | 4   |                 | 0.00      | 0.00      | 0.00      |
| Vitamin D.....IU                      |                                       |            |                |       |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 1.9                                   |            | 0              | PIE   | 4   |                 | 3.1       | 3.9       | 11.5      |
| <b>Lipids:</b>                        |                                       |            |                |       |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 3.232                                 |            | 0              | PIE   | 4   |                 | 5.171     | 6.528     | 19.165    |
| 4:0.....g                             | 0.000                                 |            | 0              | PIE   | 4   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              | PIE   | 4   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              | PIE   | 4   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              | PIE   | 4   |                 | 0.000     | 0.000     | 0.001     |
| 12:0.....g                            | 0.018                                 |            | 0              | PIE   | 4   |                 | 0.029     | 0.037     | 0.109     |
| 13:0.....g                            |                                       |            |                |       |   |                 |           |           |           |
| 14:0.....g                            | 0.092                                 |            | 0              | PIE   | 4   |                 | 0.148     | 0.187     | 0.548     |
| 15:0.....g                            | 0.000                                 |            | 0              | PIE   | 4   |                 | 0.000     | 0.000     | 0.001     |
| 16:0.....g                            | 2.422                                 |            | 0              | PIE   | 4   |                 | 3.876     | 4.893     | 14.364    |



NDB No. 05122

Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.554                                 |            | 0              | PIE        | 4           |   | 7.286     | 9.198     | 27.003    |
| 14:1.....g                               | 0.000                                 |            | 0              | PIE        | 4           |   | 0.000     | 0.000     | 0.000     |
| 15:1.....g                               | 0.000                                 |            | 0              | PIE        | 4           |   | 0.000     | 0.000     | 0.000     |
| 16:1 undifferentiated.....g              | 0.633                                 |            | 0              | PIE        | 4           |   | 1.013     | 1.279     | 3.754     |
| 17:1.....g                               | 0.000                                 |            | 0              | PIE        | 4           |   | 0.000     | 0.000     | 0.000     |
| 18:1 undifferentiated.....g              | 3.809                                 |            | 0              | PIE        | 4           |   | 6.094     | 7.694     | 22.588    |
| 20:1.....g                               | 0.112                                 |            | 0              | PIE        | 4           |   | 0.178     | 0.225     | 0.661     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | PIE        | 4           |   | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.510                                 |            | 0              | PIE        | 4           |   | 4.017     | 5.071     | 14.887    |
| 18:2 undifferentiated.....g              | 2.227                                 |            | 0              | PIE        | 4           |   | 3.562     | 4.498     | 13.203    |
| 18:2 n-6 c,c.....g                       | 0.026                                 |            | 0              | PIE        | 4           |   | 0.041     | 0.052     | 0.152     |
| 18:2 CLAs.....g                          |                                       |            |                |            |             |   |           |           |           |
| 18:2 c,t.....g                           |                                       |            |                |            |             |   |           |           |           |
| 18:2 t,c.....g                           |                                       |            |                |            |             |   |           |           |           |
| 18:2 t,t.....g                           |                                       |            |                |            |             |   |           |           |           |
| 18:2 i.....g                             |                                       |            |                |            |             |   |           |           |           |
| 18:2 t not further defined.....g         |                                       |            |                |            |             |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.102                                 |            | 0              | PIE        | 4           |   | 0.163     | 0.206     | 0.605     |
| 18:3 n-6 c,c,c.....g                     | 0.001                                 |            | 0              | PIE        | 4           |   | 0.001     | 0.001     | 0.003     |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | PIE        | 4           |   | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       | 0.002                                 |            | 0              | PIE        | 4           |   | 0.002     | 0.003     | 0.009     |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0              | PIE        | 4           |   | 0.000     | 0.000     | 0.001     |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.116                                 |            | 0              | PIE        | 4           |   | 0.185     | 0.234     | 0.687     |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.009                                 |            | 0              | PIE        | 4           |   | 0.015     | 0.019     | 0.054     |
| 22:5 n-3.....g                           | 0.018                                 |            | 0              | PIE        | 4           |   | 0.029     | 0.037     | 0.109     |
| 22:6 n-3.....g                           | 0.037                                 |            | 0              | PIE        | 4           |   | 0.059     | 0.074     | 0.218     |
| Fatty acids, total trans.....g           | 0.008                                 |            | 0              | PIE        | 4           |   | 0.013     | 0.017     | 0.050     |
| Cholesterol.....mg                       | 107                                   |            | 0              | PIE        | 4           |   | 172       | 217       | 637       |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.262                                 |            | 0              | PIE        | 4           |   | 0.420     | 0.530     | 1.557     |
| Threonine.....g                          | 0.974                                 |            | 0              | PIE        | 4           |   | 1.558     | 1.967     | 5.775     |
| Isoleucine.....g                         | 1.174                                 |            | 0              | PIE        | 4           |   | 1.878     | 2.371     | 6.962     |
| Leucine.....g                            | 1.727                                 |            | 0              | PIE        | 4           |   | 2.764     | 3.489     | 10.243    |
| Lysine.....g                             | 1.915                                 |            | 0              | PIE        | 4           |   | 3.064     | 3.868     | 11.356    |
| Methionine.....g                         | 0.625                                 |            | 0              | PIE        | 4           |   | 1.001     | 1.263     | 3.709     |
| Cystine.....g                            | 0.316                                 |            | 0              | PIE        | 4           |   | 0.506     | 0.638     | 1.874     |
| Phenylalanine.....g                      | 0.923                                 |            | 0              | PIE        | 4           |   | 1.476     | 1.864     | 5.472     |
| Tyrosine.....g                           | 0.764                                 |            | 0              | PIE        | 4           |   | 1.223     | 1.544     | 4.532     |
| Valine.....g                             | 1.152                                 |            | 0              | PIE        | 4           |   | 1.843     | 2.327     | 6.831     |
| Arginine.....g                           | 1.475                                 |            | 0              | PIE        | 4           |   | 2.360     | 2.979     | 8.745     |
| Histidine.....g                          | 0.693                                 |            | 0              | PIE        | 4           |   | 1.108     | 1.399     | 4.107     |
| Alanine.....g                            | 1.370                                 |            | 0              | PIE        | 4           |   | 2.191     | 2.766     | 8.121     |
| Aspartic acid.....g                      | 2.102                                 |            | 0              | PIE        | 4           |   | 3.363     | 4.246     | 12.464    |
| Glutamic acid.....g                      | 3.423                                 |            | 0              | PIE        | 4           |   | 5.476     | 6.914     | 20.297    |
| Glycine.....g                            | 1.497                                 |            | 0              | PIE        | 4           |   | 2.396     | 3.025     | 8.880     |
| Proline.....g                            | 1.130                                 |            | 0              | PIE        | 4           |   | 1.808     | 2.283     | 6.701     |
| Serine.....g                             | 0.836                                 |            | 0              | PIE        | 4           |   | 1.338     | 1.690     | 4.960     |
| Hydroxyproline.....g                     | 0.002                                 |            | 0              | PIE        | 4           |   | 0.002     | 0.003     | 0.009     |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | PIE        | 4           |   | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0              | PIE        | 4           |   | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0              | PIE        | 4           |   | 0         | 0         | 0         |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 1                                     |            | 0              | PIE        | 4           |   | 1.735     | 2.191     | 6.431     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | PIE        | 4           |   | 0.637     | 0.804     | 2.362     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | PIE        | 4           |   | 0.637     | 0.804     | 2.362     |

NDB No. 05122

Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed

| Nutrients and Units         | <u>Amount in 100 grams of edible portion</u> |            |                             |               |                |                    | <u>Amount in edible portion of common measures of food</u> |           |           |
|-----------------------------|--|------------|-----------------------------|---------------|----------------|--------------------|--|-----------|-----------|
|                             | Mean   | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1  | Measure 2 | Measure 3 |
|                             |  |            |                             |               |                |                    |  |           |           |
| Lycopene.....mcg            | 1  |            | 0                           | PIE           | 4              |                    | 1.491  | 1.883     | 5.527     |
| Lutein + zeaxanthin.....mcg | 3  |            | 0                           | PIE           | 4              |                    | 4.758  | 6.006     | 17.633    |

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

**Common Measures:**

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

Measure 2 = 202g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 593g: 1 chicken, bone removed

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05121

Chicken, stewing, meat and skin, and giblets and neck, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total monounsaturated.....g | 7.820                                 |            | 0                        |               | 1              |                    | 70.771  |           |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 1.050                                 |            | 0                        |               | 1              |                    | 9.503   |           |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 6.480                                 |            | 0                        |               | 1              |                    | 58.644  |           |           |
| 20:1.....g                               | 0.180                                 |            | 0                        |               | 1              |                    | 1.629   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 4              |                    | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 4.270                                 |            | 0                        |               | 1              |                    | 38.644  |           |           |
| 18:2 undifferentiated.....g              | 3.690                                 |            | 0                        |               | 1              |                    | 33.395  |           |           |
| 18:3 undifferentiated.....g              | 0.170                                 |            | 0                        |               | 1              |                    | 1.539   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 0                        |               | 1              |                    | 1.810   |           |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                        |               | 1              |                    | 0.091   |           |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1              |                    | 0.181   |           |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                        |               | 1              |                    | 0.453   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 87                                    |            | 0                        |               | 1              |                    | 787   |           |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| Tryptophan.....g                         | 0.195                                 |            | 0                        |               | 1              |                    | 1.765   |           |           |
| Threonine.....g                          | 0.728                                 |            | 0                        |               | 1              |                    | 6.588   |           |           |
| Isoleucine.....g                         | 0.870                                 |            | 0                        |               | 1              |                    | 7.874   |           |           |
| Leucine.....g                            | 1.281                                 |            | 0                        |               | 1              |                    | 11.593  |           |           |
| Lysine.....g                             | 1.407                                 |            | 0                        |               | 1              |                    | 12.733  |           |           |
| Methionine.....g                         | 0.461                                 |            | 0                        |               | 1              |                    | 4.172   |           |           |
| Cystine.....g                            | 0.234                                 |            | 0                        |               | 1              |                    | 2.118   |           |           |
| Phenylalanine.....g                      | 0.688                                 |            | 0                        |               | 1              |                    | 6.226   |           |           |
| Tyrosine.....g                           | 0.563                                 |            | 0                        |               | 1              |                    | 5.095   |           |           |
| Valine.....g                             | 0.855                                 |            | 0                        |               | 1              |                    | 7.738   |           |           |
| Arginine.....g                           | 1.104                                 |            | 0                        |               | 1              |                    | 9.991   |           |           |
| Histidine.....g                          | 0.502                                 |            | 0                        |               | 1              |                    | 4.543   |           |           |
| Alanine.....g                            | 1.006                                 |            | 0                        |               | 1              |                    | 9.104   |           |           |
| Aspartic acid.....g                      | 1.566                                 |            | 0                        |               | 1              |                    | 14.172  |           |           |
| Glutamic acid.....g                      | 2.563                                 |            | 0                        |               | 1              |                    | 23.195  |           |           |
| Glycine.....g                            | 1.125                                 |            | 0                        |               | 1              |                    | 10.181  |           |           |
| Proline.....g                            | 0.856                                 |            | 0                        |               | 1              |                    | 7.747   |           |           |
| Serine.....g                             | 0.631                                 |            | 0                        |               | 1              |                    | 5.711   |           |           |
| Hydroxyproline.....g                     |                                       |            |                          |               |                |                    |   |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        | z             | 7              |                    | 0.0   |           |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |   |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |   |           |           |

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

#### Common Measures:

Measure 1 = 905g: 1 chicken

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05124

Chicken, stewing, meat and skin, cooked, stewed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total monounsaturated.....g | 7.190                                 |            | 0                        |               | 1              |                    | 12.798  | 18.766    |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 1.000                                 |            | 0                        |               | 1              |                    | 1.780   | 2.610     |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 5.920                                 |            | 0                        |               | 1              |                    | 10.538  | 15.451    |           |
| 20:1.....g                               | 0.170                                 |            | 0                        |               | 1              |                    | 0.303   | 0.444     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 4              |                    | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 4.230                                 |            | 0                        |               | 1              |                    | 7.529   | 11.040    |           |
| 18:2 undifferentiated.....g              | 3.530                                 |            | 0                        |               | 1              |                    | 6.283   | 9.213     |           |
| 18:3 undifferentiated.....g              | 0.160                                 |            | 0                        |               | 1              |                    | 0.285   | 0.418     |           |
| 18:4.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.250                                 |            | 0                        |               | 1              |                    | 0.445   | 0.653     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1              |                    | 0.036   | 0.052     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                        |               | 1              |                    | 0.071   | 0.104     |           |
| 22:6 n-3.....g                           | 0.080                                 |            | 0                        |               | 1              |                    | 0.142   | 0.209     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 79                                    |            | 0                        |               | 1              |                    | 141   | 206       |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| Tryptophan.....g                         | 0.301                                 |            | 0                        |               | 1              |                    | 0.536   | 0.786     |           |
| Threonine.....g                          | 1.113                                 |            | 0                        |               | 1              |                    | 1.981   | 2.905     |           |
| Isoleucine.....g                         | 1.348                                 |            | 0                        |               | 1              |                    | 2.399   | 3.518     |           |
| Leucine.....g                            | 1.961                                 |            | 0                        |               | 1              |                    | 3.491   | 5.118     |           |
| Lysine.....g                             | 2.197                                 |            | 0                        |               | 1              |                    | 3.911   | 5.734     |           |
| Methionine.....g                         | 0.717                                 |            | 0                        |               | 1              |                    | 1.276   | 1.871     |           |
| Cystine.....g                            | 0.357                                 |            | 0                        |               | 1              |                    | 0.635   | 0.932     |           |
| Phenylalanine.....g                      | 1.046                                 |            | 0                        |               | 1              |                    | 1.862   | 2.730     |           |
| Tyrosine.....g                           | 0.869                                 |            | 0                        |               | 1              |                    | 1.547   | 2.268     |           |
| Valine.....g                             | 1.307                                 |            | 0                        |               | 1              |                    | 2.326   | 3.411     |           |
| Arginine.....g                           | 1.680                                 |            | 0                        |               | 1              |                    | 2.990   | 4.385     |           |
| Histidine.....g                          | 0.793                                 |            | 0                        |               | 1              |                    | 1.412   | 2.070     |           |
| Alanine.....g                            | 1.559                                 |            | 0                        |               | 1              |                    | 2.775   | 4.069     |           |
| Aspartic acid.....g                      | 2.397                                 |            | 0                        |               | 1              |                    | 4.267   | 6.256     |           |
| Glutamic acid.....g                      | 3.938                                 |            | 0                        |               | 1              |                    | 7.010   | 10.278    |           |
| Glycine.....g                            | 1.702                                 |            | 0                        |               | 1              |                    | 3.030   | 4.442     |           |
| Proline.....g                            | 1.286                                 |            | 0                        |               | 1              |                    | 2.289   | 3.356     |           |
| Serine.....g                             | 0.946                                 |            | 0                        |               | 1              |                    | 1.684   | 2.469     |           |
| Hydroxyproline.....g                     |                                       |            |                          |               |                |                    |   |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        | z             | 7              |                    | 0.0   | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |   |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |   |           |           |

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

**Common Measures:**

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

Measure 2 = 261g: .5 chicken, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05123

Chicken, stewing, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 8.240                                 |            | 0              |            | 1           |   | 22.330    | 32.795    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.110                                 |            | 0              |            | 1           |   | 3.008     | 4.418     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.810                                 |            | 0              |            | 1           |   | 18.455    | 27.104    |           |
| 20:1.....g                               | 0.200                                 |            | 0              |            | 1           |   | 0.542     | 0.796     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.440                                 |            | 0              |            | 1           |   | 12.032    | 17.671    |           |
| 18:2 undifferentiated.....g              | 3.860                                 |            | 0              |            | 1           |   | 10.461    | 15.363    |           |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0              |            | 1           |   | 0.488     | 0.716     |           |
| 18:4.....g                               | 0.000                                 |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0              |            | 1           |   | 0.461     | 0.677     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.027     | 0.040     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.081     | 0.119     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0              |            | 1           |   | 0.136     | 0.199     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 0              |            | 1           |   | 192       | 283       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.196                                 |            | 0              |            | 1           |   | 0.531     | 0.780     |           |
| Threonine.....g                          | 0.726                                 |            | 0              |            | 1           |   | 1.967     | 2.889     |           |
| Isoleucine.....g                         | 0.877                                 |            | 0              |            | 1           |   | 2.377     | 3.490     |           |
| Leucine.....g                            | 1.278                                 |            | 0              |            | 1           |   | 3.463     | 5.086     |           |
| Lysine.....g                             | 1.431                                 |            | 0              |            | 1           |   | 3.878     | 5.695     |           |
| Methionine.....g                         | 0.467                                 |            | 0              |            | 1           |   | 1.266     | 1.859     |           |
| Cystine.....g                            | 0.234                                 |            | 0              |            | 1           |   | 0.634     | 0.931     |           |
| Phenylalanine.....g                      | 0.682                                 |            | 0              |            | 1           |   | 1.848     | 2.714     |           |
| Tyrosine.....g                           | 0.566                                 |            | 0              |            | 1           |   | 1.534     | 2.253     |           |
| Valine.....g                             | 0.853                                 |            | 0              |            | 1           |   | 2.312     | 3.395     |           |
| Arginine.....g                           | 1.099                                 |            | 0              |            | 1           |   | 2.978     | 4.374     |           |
| Histidine.....g                          | 0.517                                 |            | 0              |            | 1           |   | 1.401     | 2.058     |           |
| Alanine.....g                            | 1.021                                 |            | 0              |            | 1           |   | 2.767     | 4.064     |           |
| Aspartic acid.....g                      | 1.565                                 |            | 0              |            | 1           |   | 4.241     | 6.229     |           |
| Glutamic acid.....g                      | 2.568                                 |            | 0              |            | 1           |   | 6.959     | 10.221    |           |
| Glycine.....g                            | 1.126                                 |            | 0              |            | 1           |   | 3.051     | 4.481     |           |
| Proline.....g                            | 0.846                                 |            | 0              |            | 1           |   | 2.293     | 3.367     |           |
| Serine.....g                             | 0.619                                 |            | 0              |            | 1           |   | 1.677     | 2.464     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | z          | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | z          | 7           |   | 0.000     | 0.000     |           |

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**Common Measures:**

Measure 1 = 271g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 398g: .5 chicken, bone removed



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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05126

Chicken, stewing, meat only, cooked, stewed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.050                                 |            | 0                     |            | 1   |                 | 5.670     | 5.549     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.560                                 |            | 0                     |            | 1   |                 | 0.784     | 0.767     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.370                                 |            | 0                     |            | 1   |                 | 4.718     | 4.617     |           |
| 20:1.....g                               | 0.050                                 |            | 0                     |            | 1   |                 | 0.070     | 0.069     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.830                                 |            | 0                     |            | 1   |                 | 3.962     | 3.877     |           |
| 18:2 undifferentiated.....g              | 2.150                                 |            | 0                     |            | 1   |                 | 3.010     | 2.946     |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1   |                 | 0.140     | 0.137     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.290                                 |            | 0                     |            | 1   |                 | 0.406     | 0.397     |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.027     |           |
| 22:5 n-3.....g                           | 0.050                                 |            | 0                     |            | 1   |                 | 0.070     | 0.069     |           |
| 22:6 n-3.....g                           | 0.090                                 |            | 0                     |            | 1   |                 | 0.126     | 0.123     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 83                                    |            | 0                     |            | 1   |                 | 116       | 114       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 137g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05125**  
**Chicken, stewing, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.940                                 |            | 0              |            | 1           |   | 3.764     | 5.510     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.280                                 |            | 0              |            | 1           |   | 0.543     | 0.795     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.600                                 |            | 0              |            | 1           |   | 3.104     | 4.544     |           |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 1           |   | 0.039     | 0.057     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.570                                 |            | 0              |            | 1           |   | 3.046     | 4.459     |           |
| 18:2 undifferentiated.....g              | 1.120                                 |            | 0              |            | 1           |   | 2.173     | 3.181     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0              |            | 1           |   | 0.097     | 0.142     |           |
| 18:4.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 0              |            | 1           |   | 0.388     | 0.568     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.019     | 0.028     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.058     | 0.085     |           |
| 22:6 n-3.....g                           | 0.070                                 |            | 0              |            | 1           |   | 0.136     | 0.199     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 63                                    |            | 0              |            | 1           |   | 122       | 179       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.248                                 |            | 0              |            | 1           |   | 0.481     | 0.704     |           |
| Threonine.....g                          | 0.898                                 |            | 0              |            | 1           |   | 1.742     | 2.550     |           |
| Isoleucine.....g                         | 1.122                                 |            | 0              |            | 1           |   | 2.177     | 3.186     |           |
| Leucine.....g                            | 1.595                                 |            | 0              |            | 1           |   | 3.094     | 4.530     |           |
| Lysine.....g                             | 1.806                                 |            | 0              |            | 1           |   | 3.504     | 5.129     |           |
| Methionine.....g                         | 0.588                                 |            | 0              |            | 1           |   | 1.141     | 1.670     |           |
| Cystine.....g                            | 0.272                                 |            | 0              |            | 1           |   | 0.528     | 0.772     |           |
| Phenylalanine.....g                      | 0.844                                 |            | 0              |            | 1           |   | 1.637     | 2.397     |           |
| Tyrosine.....g                           | 0.718                                 |            | 0              |            | 1           |   | 1.393     | 2.039     |           |
| Valine.....g                             | 1.054                                 |            | 0              |            | 1           |   | 2.045     | 2.993     |           |
| Arginine.....g                           | 1.282                                 |            | 0              |            | 1           |   | 2.487     | 3.641     |           |
| Histidine.....g                          | 0.660                                 |            | 0              |            | 1           |   | 1.280     | 1.874     |           |
| Alanine.....g                            | 1.160                                 |            | 0              |            | 1           |   | 2.250     | 3.294     |           |
| Aspartic acid.....g                      | 1.895                                 |            | 0              |            | 1           |   | 3.676     | 5.382     |           |
| Glutamic acid.....g                      | 3.184                                 |            | 0              |            | 1           |   | 6.177     | 9.043     |           |
| Glycine.....g                            | 1.044                                 |            | 0              |            | 1           |   | 2.025     | 2.965     |           |
| Proline.....g                            | 0.874                                 |            | 0              |            | 1           |   | 1.696     | 2.482     |           |
| Serine.....g                             | 0.731                                 |            | 0              |            | 1           |   | 1.418     | 2.076     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 194g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 284g: .5 chicken, bone and skin removed

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

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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%, Total

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| 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      |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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.....mcg                  | 33.2                                  | 2.749      | 3              | A          | 1           |   | 9.6       | 28.5      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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.....mcg                 | 10                                    | 1.567      | 3              | A          | 1           |   | 3         | 8         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 10                                    | 1.567      | 3              | A          | 1           |   | 3         | 8         |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0              | NC         | 4           |   | 3         | 8         |           |
| Vitamin B-12.....mcg                  | 0.40                                  | 0.075      | 3              | A          | 1           |   | 0.12      | 0.35      |           |
| Vitamin A, IU.....IU                  | 58                                    |            | 0              | AS         | 1           |   | 17        | 50        |           |
| Vitamin A, RAE.....mcg_RAE            | 17                                    |            | 0              | AS         | 1           |   | 5         | 15        |           |
| Retinol.....mcg                       | 17                                    | 3.257      | 3              | A          | 1           |   | 5         | 15        |           |
| 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      |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| 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     |           |



NDB No. 05312

Chicken, wing, frozen, glazed, barbecue flavored

refuse: 30.65%

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....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.....g                           | 0.000                                 | 0.000      | 3                     | A          | 1           |                 | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 | 0.000      | 3                     | A          | 1           |                 | 0.006   | 0.017     |           |
| 22:6 n-3.....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                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| 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     |           |
| 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     |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |

NDB No. 05312

Chicken, wing, frozen, glazed, barbecue flavored

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

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

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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%, Total

| 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       |
| <b>Proximates:</b>                    |                                       |            |                       |   |             |                 |
| Water.....g                           | 57.25                                 | 0.474      | 10                    | A   | 1           |                 |
| Energy.....kcal                       | 242                                   |            | 0                     | NC  | 4           |                 |
| Energy.....kj                         | 1013                                  |            | 0                     | NC  | 4           |                 |
| Protein (N x 6.25).....g              | 22.24                                 | 0.689      | 10                    | A   | 1           |                 |
| Total lipid (fat).....g               | 14.87                                 | 0.496      | 10                    | A   | 1           |                 |
| Ash.....g                             | 2.28                                  | 0.240      | 10                    | A   | 1           |                 |
| Carbohydrate, by difference.....g     | 3.36                                  |            | 0                     | NC  | 4           |                 |
| Fiber, total dietary.....g            | 0.5                                   | 0.238      | 5                     | A   | 1           |                 |
| Sugars, total.....g                   | 1.94                                  |            | 0                     | AS  | 1           |                 |
| Sucrose.....g                         | 0.60                                  | 0.443      | 5                     | A   | 1           |                 |
| Glucose (dextrose).....g              | 0.92                                  | 0.376      | 5                     | A   | 1           |                 |
| Fructose.....g                        | 0.34                                  | 0.290      | 5                     | A   | 1           |                 |
| Lactose.....g                         | 0.00                                  | 0.000      | 5                     | A   | 1           |                 |
| Maltose.....g                         | 0.07                                  | 0.070      | 5                     | A   | 1           |                 |
| Galactose.....g                       | 0.00                                  |            | 0                     | Z   | 7           |                 |
| Starch.....g                          | 0.76                                  | 0.466      | 5                     | A   | 1           |                 |
| <b>Minerals:</b>                      |                                       |            |                       |   |             |                 |
| Calcium, Ca.....mg                    | 28                                    | 4.351      | 10                    | A   | 1           |                 |
| Iron, Fe.....mg                       | 1.97                                  | 0.192      | 10                    | A   | 1           |                 |
| Magnesium, Mg.....mg                  | 21                                    | 0.708      | 10                    | A   | 1           |                 |
| Phosphorus, P.....mg                  | 233                                   | 7.240      | 10                    | A   | 1           |                 |
| Potassium, K.....mg                   | 218                                   | 5.430      | 10                    | A   | 1           |                 |
| Sodium, Na.....mg                     | 559                                   | 71.563     | 10                    | A   | 1           |                 |
| Zinc, Zn.....mg                       | 1.30                                  | 0.043      | 10                    | A   | 1           |                 |
| Copper, Cu.....mg                     | 0.000                                 | 0.000      | 10                    | A   | 1           |                 |
| Manganese, Mn.....mg                  | 0.000                                 | 0.000      | 10                    | A   | 1           |                 |
| Selenium, Se.....mcg                  | 34.2                                  | 3.257      | 6                     | A   | 1           |                 |
| <b>Vitamins:</b>                      |                                       |            |                       |   |             |                 |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   | 0.000      | 3                     | A   | 1           |                 |
| Thiamin.....mg                        | 0.117                                 | 0.050      | 10                    | A   | 1           |                 |
| Riboflavin.....mg                     | 0.260                                 | 0.018      | 10                    | A   | 1           |                 |
| Niacin.....mg                         | 6.030                                 | 0.197      | 10                    | A   | 1           |                 |
| Pantothenic acid.....mg               | 0.603                                 | 0.039      | 6                     | A   | 1           |                 |
| Vitamin B-6.....mg                    | 0.183                                 | 0.021      | 10                    | A   | 1           |                 |
| Folate, total.....mcg                 | 10                                    | 0.828      | 10                    | A   | 1           |                 |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z   | 7           |                 |
| Folate, food.....mcg                  | 10                                    | 0.828      | 10                    | A   | 1           |                 |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0                     | NC  | 4           |                 |
| Vitamin B-12.....mcg                  | 0.55                                  | 0.024      | 10                    | A   | 1           |                 |
| Vitamin A, IU.....IU                  | 69                                    |            | 0                     | AS  | 1           |                 |
| Vitamin A, RAE.....mcg_RAE            | 21                                    |            | 0                     | AS  | 1           |                 |
| Retinol.....mcg                       | 21                                    | 2.422      | 5                     | A   | 1           |                 |
| Vitamin E (alpha-tocopherol).....mg   | 0.44                                  | 0.095      | 5                     | A   | 1           |                 |
| Tocopherol, beta.....mg               | 0.01                                  | 0.004      | 5                     | A   | 1           |                 |
| Tocopherol, gamma.....mg              | 0.40                                  | 0.090      | 5                     | A   | 1           |                 |
| Tocopherol, delta.....mg              | 0.09                                  | 0.021      | 5                     | A   | 1           |                 |
| Vitamin D.....IU                      |                                       |            |                       |   |             |                 |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |   |             |                 |
| <b>Lipids:</b>                        |                                       |            |                       |   |             |                 |
| Fatty acids, total saturated.....g    | 3.966                                 |            | 0                     | NC  | 4           |                 |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z   | 7           |                 |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z   | 7           |                 |
| 8:0.....g                             | 0.000                                 | 0.000      | 10                    | A   | 1           |                 |
| 10:0.....g                            | 0.000                                 | 0.000      | 10                    | A   | 1           |                 |
| 12:0.....g                            | 0.000                                 | 0.000      | 10                    | A   | 1           |                 |
| 13:0.....g                            |                                       |            |                       |   |             |                 |
| 14:0.....g                            | 0.078                                 | 0.003      | 10                    | A   | 1           |                 |
| 15:0.....g                            | 0.000                                 | 0.000      | 10                    | A   | 1           |                 |

NDB No. 05320

Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

refuse: 30.65%

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| 16:0.....g                               | 3.146                                 | 0.101      | 10             | A          | 1           |   |           |           |           |
| 17:0.....g                               | 0.014                                 | 0.002      | 10             | A          | 1           |   |           |           |           |
| 18:0.....g                               | 0.717                                 | 0.020      | 10             | A          | 1           |   |           |           |           |
| 20:0.....g                               | 0.011                                 | 0.002      | 10             | A          | 1           |   |           |           |           |
| 22:0.....g                               | 0.000                                 | 0.000      | 10             | A          | 1           |   |           |           |           |
| 24:0.....g                               | 0.000                                 | 0.000      | 10             | A          | 1           |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.737                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               | 0.030                                 | 0.001      | 10             | A          | 1           |   |           |           |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 10             | A          | 1           |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.126                                 | 0.055      | 10             | A          | 1           |   |           |           |           |
| 17:1.....g                               | 0.000                                 | 0.000      | 10             | A          | 1           |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.527                                 | 0.188      | 10             | A          | 1           |   |           |           |           |
| 20:1.....g                               | 0.054                                 | 0.002      | 10             | A          | 1           |   |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 | 0.000      | 10             | A          | 1           |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.838                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 2.492                                 | 0.095      | 10             | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.143                                 | 0.006      | 10             | A          | 1           |   |           |           |           |
| 18:4.....g                               | 0.027                                 | 0.002      | 10             | A          | 1           |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.021                                 | 0.001      | 10             | A          | 1           |   |           |           |           |
| 20:3 undifferentiated.....g              | 0.030                                 | 0.000      | 10             | A          | 1           |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.088                                 | 0.003      | 10             | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 | 0.000      | 10             | A          | 1           |   |           |           |           |
| 22:5 n-3.....g                           | 0.027                                 | 0.002      | 10             | A          | 1           |   |           |           |           |
| 22:6 n-3.....g                           | 0.011                                 | 0.001      | 10             | A          | 1           |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 136                                   | 5.209      | 10             | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.204                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.841                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 0.842                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.444                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.529                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.468                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.208                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.820                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.558                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 0.915                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.343                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.522                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.224                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 1.858                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 2.857                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.433                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.024                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.801                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.578                                 |            | 0              | A          | 1           |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

NDB No. 05320  
Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> |            |                             |               | <u>Amount in edible portion of common measures of food</u> |                    |           |           |           |
|---------------------|--|------------|-----------------------------|---------------|--|--------------------|-----------|-----------|-----------|
|                     | Mean   | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code   | Confidence<br>Code | 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:

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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%, Total

| 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 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 53.89                                 | 2.854      | 3                     | A          | 1   |                 |           |           |           |
| Energy.....kcal                       | 248                                   |            | 0                     | NC         | 4   |                 |           |           |           |
| Energy.....kj                         | 1039                                  |            | 0                     | NC         | 4   |                 |           |           |           |
| Protein (N x 6.25).....g              | 25.34                                 | 2.792      | 3                     | A          | 1   |                 |           |           |           |
| Total lipid (fat).....g               | 13.90                                 | 0.416      | 3                     | A          | 1   |                 |           |           |           |
| Ash.....g                             | 3.04                                  | 0.584      | 3                     | A          | 1   |                 |           |           |           |
| Carbohydrate, by difference.....g     | 3.84                                  |            | 0                     | NC         | 4   |                 |           |           |           |
| Fiber, total dietary.....g            | 0.9                                   | 0.285      | 3                     | A          | 1   |                 |           |           |           |
| Sugars, total.....g                   | 2.10                                  |            | 0                     | AS         | 1   |                 |           |           |           |
| Sucrose.....g                         | 0.35                                  | 0.417      | 3                     | A          | 1   |                 |           |           |           |
| Glucose (dextrose).....g              | 1.21                                  | 0.545      | 3                     | A          | 1   |                 |           |           |           |
| Fructose.....g                        | 0.54                                  | 0.833      | 3                     | A          | 1   |                 |           |           |           |
| Lactose.....g                         | 0.00                                  | 0.000      | 3                     | A          | 1   |                 |           |           |           |
| Maltose.....g                         | 0.00                                  | 0.000      | 3                     | A          | 1   |                 |           |           |           |
| Galactose.....g                       | 0.00                                  |            | 0                     | Z          | 7   |                 |           |           |           |
| Starch.....g                          | 0.80                                  | 0.800      | 3                     | A          | 1   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 38                                    | 5.269      | 3                     | A          | 1   |                 |           |           |           |
| Iron, Fe.....mg                       | 2.74                                  | 0.494      | 3                     | A          | 1   |                 |           |           |           |
| Magnesium, Mg.....mg                  | 27                                    | 3.200      | 3                     | A          | 1   |                 |           |           |           |
| Phosphorus, P.....mg                  | 272                                   | 32.209     | 3                     | A          | 1   |                 |           |           |           |
| Potassium, K.....mg                   | 254                                   | 30.421     | 3                     | A          | 1   |                 |           |           |           |
| Sodium, Na.....mg                     | 837                                   | 240.214    | 3                     | A          | 1   |                 |           |           |           |
| Zinc, Zn.....mg                       | 1.55                                  | 0.145      | 3                     | A          | 1   |                 |           |           |           |
| Copper, Cu.....mg                     | 0.049                                 | 0.049      | 3                     | A          | 1   |                 |           |           |           |
| Manganese, Mn.....mg                  | 0.000                                 | 0.000      | 3                     | A          | 1   |                 |           |           |           |
| Selenium, Se.....mcg                  | 41.7                                  | 5.320      | 3                     | A          | 1   |                 |           |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.5                                   | 0.237      | 3                     | A          | 1   |                 |           |           |           |
| Thiamin.....mg                        | 0.081                                 | 0.005      | 3                     | A          | 1   |                 |           |           |           |
| Riboflavin.....mg                     | 0.296                                 | 0.055      | 3                     | A          | 1   |                 |           |           |           |
| Niacin.....mg                         | 7.100                                 | 0.717      | 3                     | A          | 1   |                 |           |           |           |
| Pantothenic acid.....mg               | 0.711                                 | 0.074      | 3                     | A          | 1   |                 |           |           |           |
| Vitamin B-6.....mg                    | 0.210                                 | 0.028      | 3                     | A          | 1   |                 |           |           |           |
| Folate, total.....mcg                 | 12                                    | 1.966      | 3                     | A          | 1   |                 |           |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 |           |           |           |
| Folate, food.....mcg                  | 12                                    | 1.966      | 3                     | A          | 1   |                 |           |           |           |
| Folate, DFE.....mcg_DFE               | 12                                    |            | 0                     | NC         | 4   |                 |           |           |           |
| Vitamin B-12.....mcg                  | 0.48                                  | 0.014      | 3                     | A          | 1   |                 |           |           |           |
| Vitamin A, IU.....IU                  | 68                                    |            | 0                     | AS         | 1   |                 |           |           |           |
| Vitamin A, RAE.....mcg_RAE            | 20                                    |            | 0                     | AS         | 1   |                 |           |           |           |
| Retinol.....mcg                       | 20                                    | 2.977      | 3                     | A          | 1   |                 |           |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.38                                  |            | 3                     | A          | 1   |                 |           |           |           |
| Tocopherol, beta.....mg               | 0.01                                  | 0.007      | 3                     | A          | 1   |                 |           |           |           |
| Tocopherol, gamma.....mg              | 0.39                                  | 0.121      | 3                     | A          | 1   |                 |           |           |           |
| Tocopherol, delta.....mg              | 0.09                                  | 0.024      | 3                     | A          | 1   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 3.655                                 |            | 0                     | NC         | 4   |                 |           |           |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 |           |           |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 |           |           |           |
| 8:0.....g                             | 0.000                                 | 0.000      | 3                     | A          | 1   |                 |           |           |           |
| 10:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1   |                 |           |           |           |
| 12:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1   |                 |           |           |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.067                                 | 0.003      | 3                     | A          | 1   |                 |           |           |           |
| 15:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1   |                 |           |           |           |

NDB No. 05313

Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

refuse: 30.65%

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| 16:0.....g                               | 2.883                                 | 0.156      | 3                     | A          | 1           |   |           |           |           |
| 17:0.....g                               | 0.010                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 18:0.....g                               | 0.680                                 | 0.026      | 3                     | A          | 1           |   |           |           |           |
| 20:0.....g                               | 0.008                                 | 0.001      | 3                     | A          | 1           |   |           |           |           |
| 22:0.....g                               | 0.007                                 | 0.007      | 3                     | A          | 1           |   |           |           |           |
| 24:0.....g                               | 0.000                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.297                                 |            | 0                     | NC         | 4           |   |           |           |           |
| 14:1.....g                               | 0.027                                 | 0.003      | 3                     | A          | 1           |   |           |           |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.057                                 | 0.085      | 3                     | A          | 1           |   |           |           |           |
| 17:1.....g                               | 0.000                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.163                                 | 0.291      | 3                     | A          | 1           |   |           |           |           |
| 20:1.....g                               | 0.050                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.599                                 |            | 0                     | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 2.250                                 | 0.131      | 3                     | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.130                                 | 0.006      | 3                     | A          | 1           |   |           |           |           |
| 18:4.....g                               | 0.023                                 | 0.003      | 3                     | A          | 1           |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.027                                 | 0.003      | 3                     | A          | 1           |   |           |           |           |
| 20:3 undifferentiated.....g              | 0.030                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.093                                 | 0.014      | 3                     | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 22:5 n-3.....g                           | 0.030                                 | 0.000      | 3                     | A          | 1           |   |           |           |           |
| 22:6 n-3.....g                           | 0.017                                 | 0.003      | 3                     | A          | 1           |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 156                                   | 14.075     | 3                     | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.232                                 |            | 0                     | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.958                                 |            | 0                     | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 0.960                                 |            | 0                     | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.646                                 |            | 0                     | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.742                                 |            | 0                     | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.533                                 |            | 0                     | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.238                                 |            | 0                     | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.935                                 |            | 0                     | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.635                                 |            | 0                     | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.043                                 |            | 0                     | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.530                                 |            | 0                     | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.595                                 |            | 0                     | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.394                                 |            | 0                     | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.117                                 |            | 0                     | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.256                                 |            | 0                     | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.633                                 |            | 0                     | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.167                                 |            | 0                     | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.912                                 |            | 0                     | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.658                                 |            | 0                     | A          | 1           |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   |           |           |           |

NDB No. 05313  
Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

| Nutrients and Units | <u>Amount in 100 grams of edible portion</u> |            |                          |               | <u>Amount in edible portion of common measures of food</u> |                    |           |           |           |
|---------------------|--|------------|--------------------------|---------------|--|--------------------|-----------|-----------|-----------|
|                     | Mean   | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code   | Confidence<br>Code | 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:

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Refuse: 0%**

[illegible]

**NDB No. 43287**  
**Dove, cooked (includes squab)**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.462                                 |            |                       |            | 4           |   | 7.647     |           |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.677                                 |            |                       |            | 4           |   | 0.948     |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.632                                 |            |                       |            | 4           |   | 6.485     |           |           |
| 20:1.....g                               | 0.100                                 |            |                       |            | 4           |   | 0.140     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                       |            | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.733                                 |            |                       |            | 4           |   | 3.826     |           |           |
| 18:2 undifferentiated.....g              | 2.324                                 |            |                       |            | 4           |   | 3.254     |           |           |
| 18:3 undifferentiated.....g              | 0.096                                 |            |                       |            | 4           |   | 0.134     |           |           |
| 18:4.....g                               | 0.000                                 |            |                       |            | 4           |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.113                                 |            |                       |            | 4           |   | 0.158     |           |           |
| 20:5 n-3.....g                           | 0.005                                 |            |                       |            | 4           |   | 0.007     |           |           |
| 22:5 n-3.....g                           | 0.044                                 |            |                       |            | 4           |   | 0.062     |           |           |
| 22:6 n-3.....g                           | 0.015                                 |            |                       |            | 4           |   | 0.021     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 116                                   |            |                       |            | 4           |   | 162       |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05143**  
**Duck, domesticated, liver, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.710                                 |            | 0       |       | 1      |   | 0.312     | 0.071     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.050                                 | 0.021      | 4       |       | 1      |   | 0.022     | 0.005     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.650                                 | 0.152      | 4       |       | 1      |   | 0.286     | 0.065     |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.630                                 |            | 0       |       | 1      |   | 0.277     | 0.063     |           |
| 18:2 undifferentiated.....g              | 0.370                                 | 0.092      | 4       |       | 1      |   | 0.163     | 0.037     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 2       |       | 1      |   | 0.000     | 0.000     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.260                                 | 0.130      | 4       |       | 1      |   | 0.114     | 0.026     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 515                                   | 144.776    | 3       |       | 1      |   | 227       | 52        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| 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.

**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 17 (2004)



NDB No. 05140

Duck, domesticated, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 12.900                                |            | 0                     |            | 1   |                 | 18.060    | 22.317    | 49.278    |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.110                                 |            | 0                     |            | 1   |                 | 1.554     | 1.920     | 4.240     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 11.520                                |            | 0                     |            | 1   |                 | 16.128    | 19.930    | 44.006    |
| 20:1.....g                               | 0.260                                 |            | 0                     |            | 1   |                 | 0.364     | 0.450     | 0.993     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.650                                 |            | 0                     |            | 1   |                 | 5.110     | 6.315     | 13.943    |
| 18:2 undifferentiated.....g              | 3.360                                 |            | 0                     |            | 1   |                 | 4.704     | 5.813     | 12.835    |
| 18:3 undifferentiated.....g              | 0.290                                 |            | 0                     |            | 1   |                 | 0.406     | 0.502     | 1.108     |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 84                                    |            | 0                     |            | 1   |                 | 118       | 145       | 321       |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |

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

**Common Measures:**

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

Measure 2 = 173g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 382g: .5 duck

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05139

Duck, domesticated, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 18.690                                |            | 0                     |            | 1   |                 | 53.640    | 118.495   |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 1.540                                 |            | 0                     |            | 1   |                 | 4.420     | 9.764     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 16.730                                |            | 0                     |            | 1   |                 | 48.015    | 106.068   |           |
| 20:1.....g                               | 0.400                                 |            | 0                     |            | 1   |                 | 1.148     | 2.536     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 5.080                                 |            | 0                     |            | 1   |                 | 14.580    | 32.207    |           |
| 18:2 undifferentiated.....g              | 4.690                                 |            | 0                     |            | 1   |                 | 13.460    | 29.735    |           |
| 18:3 undifferentiated.....g              | 0.390                                 |            | 0                     |            | 1   |                 | 1.119     | 2.473     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 76                                    |            | 0                     |            | 1   |                 | 218       | 482       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.144                                 |            | 0                     |            | 1   |                 | 0.413     | 0.913     |           |
| Threonine.....g                          | 0.471                                 |            | 0                     |            | 1   |                 | 1.352     | 2.986     |           |
| Isoleucine.....g                         | 0.537                                 |            | 0                     |            | 1   |                 | 1.541     | 3.405     |           |
| Leucine.....g                            | 0.900                                 |            | 0                     |            | 1   |                 | 2.583     | 5.706     |           |
| Lysine.....g                             | 0.912                                 |            | 0                     |            | 1   |                 | 2.617     | 5.782     |           |
| Methionine.....g                         | 0.291                                 |            | 0                     |            | 1   |                 | 0.835     | 1.845     |           |
| Cystine.....g                            | 0.180                                 |            | 0                     |            | 1   |                 | 0.517     | 1.141     |           |
| Phenylalanine.....g                      | 0.459                                 |            | 0                     |            | 1   |                 | 1.317     | 2.910     |           |
| Tyrosine.....g                           | 0.395                                 |            | 0                     |            | 1   |                 | 1.134     | 2.504     |           |
| Valine.....g                             | 0.573                                 |            | 0                     |            | 1   |                 | 1.645     | 3.633     |           |
| Arginine.....g                           | 0.770                                 |            | 0                     |            | 1   |                 | 2.210     | 4.882     |           |
| Histidine.....g                          | 0.283                                 |            | 0                     |            | 1   |                 | 0.812     | 1.794     |           |
| Alanine.....g                            | 0.777                                 |            | 0                     |            | 1   |                 | 2.230     | 4.926     |           |
| Aspartic acid.....g                      | 1.102                                 |            | 0                     |            | 1   |                 | 3.163     | 6.987     |           |
| Glutamic acid.....g                      | 1.709                                 |            | 0                     |            | 1   |                 | 4.905     | 10.835    |           |
| Glycine.....g                            | 0.928                                 |            | 0                     |            | 1   |                 | 2.663     | 5.884     |           |
| Proline.....g                            | 0.686                                 |            | 0                     |            | 1   |                 | 1.969     | 4.349     |           |
| Serine.....g                             | 0.488                                 |            | 0                     |            | 1   |                 | 1.401     | 3.094     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

Measure 1 = 287g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 634g: .5 duck

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

**Calories Factors:** Protein 4.27      Fat 9.02      Carbohydrate 3.87      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05142

Duck, domesticated, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.700                                 |            | 0                     |            | 1           |   | 5.180     | 3.700     | 8.177     |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.430                                 |            | 0                     |            | 1           |   | 0.602     | 0.430     | 0.950     |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.240                                 |            | 0                     |            | 1           |   | 4.536     | 3.240     | 7.160     |
| 20:1.....g                               | 0.040                                 |            | 0                     |            | 1           |   | 0.056     | 0.040     | 0.088     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.430                                 |            | 0                     |            | 1           |   | 2.002     | 1.430     | 3.160     |
| 18:2 undifferentiated.....g              | 1.290                                 |            | 0                     |            | 1           |   | 1.806     | 1.290     | 2.851     |
| 18:3 undifferentiated.....g              | 0.140                                 |            | 0                     |            | 1           |   | 0.196     | 0.140     | 0.309     |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     | 0.000     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 89                                    |            | 0                     |            | 1           |   | 125       | 89        | 197       |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.327                                 |            | 0                     |            | 1           |   | 0.458     | 0.327     | 0.723     |
| Threonine.....g                          | 1.003                                 |            | 0                     |            | 1           |   | 1.404     | 1.003     | 2.217     |
| Isoleucine.....g                         | 1.206                                 |            | 0                     |            | 1           |   | 1.688     | 1.206     | 2.665     |
| Leucine.....g                            | 1.983                                 |            | 0                     |            | 1           |   | 2.776     | 1.983     | 4.382     |
| Lysine.....g                             | 2.009                                 |            | 0                     |            | 1           |   | 2.813     | 2.009     | 4.440     |
| Methionine.....g                         | 0.635                                 |            | 0                     |            | 1           |   | 0.889     | 0.635     | 1.403     |
| Cystine.....g                            | 0.361                                 |            | 0                     |            | 1           |   | 0.505     | 0.361     | 0.798     |
| Phenylalanine.....g                      | 0.984                                 |            | 0                     |            | 1           |   | 1.378     | 0.984     | 2.175     |
| Tyrosine.....g                           | 0.894                                 |            | 0                     |            | 1           |   | 1.252     | 0.894     | 1.976     |
| Valine.....g                             | 1.228                                 |            | 0                     |            | 1           |   | 1.719     | 1.228     | 2.714     |
| Arginine.....g                           | 1.499                                 |            | 0                     |            | 1           |   | 2.099     | 1.499     | 3.313     |
| Histidine.....g                          | 0.620                                 |            | 0                     |            | 1           |   | 0.868     | 0.620     | 1.370     |
| Alanine.....g                            | 1.487                                 |            | 0                     |            | 1           |   | 2.082     | 1.487     | 3.286     |
| Aspartic acid.....g                      | 2.299                                 |            | 0                     |            | 1           |   | 3.219     | 2.299     | 5.081     |
| Glutamic acid.....g                      | 3.673                                 |            | 0                     |            | 1           |   | 5.142     | 3.673     | 8.117     |
| Glycine.....g                            | 1.315                                 |            | 0                     |            | 1           |   | 1.841     | 1.315     | 2.906     |
| Proline.....g                            | 1.153                                 |            | 0                     |            | 1           |   | 1.614     | 1.153     | 2.548     |
| Serine.....g                             | 1.010                                 |            | 0                     |            | 1           |   | 1.414     | 1.010     | 2.232     |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| Others:                                  |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7           |   | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         | 0         |
| Carotenoids:                             |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |

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

**Common Measures:**

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

Measure 2 = 100g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 221g: .5 duck

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.540                                 |            | 0                     |            | 1           |   | 2.110     | 4.666     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.220                                 |            | 1                     |            | 1           |   | 0.301     | 0.667     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.320                                 |            | 1                     |            | 1           |   | 1.808     | 4.000     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.750                                 |            | 0                     |            | 1           |   | 1.028     | 2.273     |           |
| 18:2 undifferentiated.....g              | 0.670                                 |            | 1                     |            | 1           |   | 0.918     | 2.030     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 1                     |            | 1           |   | 0.110     | 0.242     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 77                                    |            | 1                     |            | 1           |   | 105       | 233       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| 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                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 303g: .5 duck

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

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| 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                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 3                                     | 0.628      | 17             |            | 1           |   | 2         | 2         |           |
| Iron, Fe.....mg                       | 4.51                                  | 0.312      | 16             |            | 1           |   | 3.29      | 3.74      |           |
| Magnesium, Mg.....mg                  | 22                                    | 0.433      | 16             |            | 1           |   | 16        | 18        |           |
| Phosphorus, P.....mg                  | 186                                   | 5.141      | 17             |            | 1           |   | 136       | 154       |           |
| Potassium, K.....mg                   | 268                                   | 6.655      | 17             |            | 1           |   | 196       | 222       |           |
| Sodium, Na.....mg                     | 57                                    | 3.093      | 17             |            | 1           |   | 42        | 47        |           |
| Zinc, Zn.....mg                       | 0.74                                  | 0.025      | 16             |            | 1           |   | 0.54      | 0.61      |           |
| Copper, Cu.....mg                     | 0.330                                 | 0.024      | 16             |            | 1           |   | 0.241     | 0.274     |           |
| Manganese, Mn.....mg                  | 0.019                                 |            | 0              |            | 4           |   | 0.014     | 0.016     |           |
| Selenium, Se.....mcg                  | 13.9                                  |            | 0              | BFNN       | 4           |   | 10.1      | 11.5      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 6.2                                   |            | 1              |            | 1           |   | 4.5       | 5.1       |           |
| Thiamin.....mg                        | 0.416                                 | 0.038      | 17             |            | 1           |   | 0.304     | 0.345     |           |
| Riboflavin.....mg                     | 0.310                                 | 0.027      | 17             |            | 1           |   | 0.226     | 0.257     |           |
| Niacin.....mg                         | 3.444                                 | 0.217      | 17             |            | 1           |   | 2.514     | 2.859     |           |
| Pantothenic acid.....mg               | 0.770                                 |            | 1              |            | 1           |   | 0.562     | 0.639     |           |
| Vitamin B-6.....mg                    | 0.630                                 |            | 1              |            | 1           |   | 0.460     | 0.523     |           |
| Folate, total.....mcg                 | 25                                    |            | 0              |            | 4           |   | 18        | 21        |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 25                                    |            | 0              |            | 4           |   | 18        | 21        |           |
| Folate, DFE.....mcg_DFE               | 25                                    |            | 0              | NC         | 4           |   | 18        | 21        |           |
| Vitamin B-12.....mcg                  | 0.76                                  |            | 1              |            | 1           |   | 0.55      | 0.63      |           |
| Vitamin A, IU.....IU                  | 53                                    |            | 0              |            | 1           |   | 39        | 44        |           |
| Vitamin A, RAE.....mcg_RAE            | 16                                    |            | 0              |            | 1           |   | 12        | 13        |           |
| Retinol.....mcg                       | 16                                    |            | 0              |            | 1           |   | 12        | 13        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.320                                 |            | 0              |            | 1           |   | 0.964     | 1.096     |           |
| 4:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.030                                 |            | 1              |            | 1           |   | 0.022     | 0.025     |           |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.020                                 |            | 1              |            | 1           |   | 0.015     | 0.017     |           |
| 15:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 16:0.....g                            | 0.690                                 |            | 1              |            | 1           |   | 0.504     | 0.573     |           |
| 17:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 18:0.....g                            | 0.410                                 |            | 1              |            | 1           |   | 0.299     | 0.340     |           |
| 20:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.210                                 |            | 0              |            | 1   |                 | 0.883     | 1.004     |           |
| 14:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.170                                 |            | 1              |            | 1   |                 | 0.124     | 0.141     |           |
| 17:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.030                                 |            | 1              |            | 1   |                 | 0.752     | 0.855     |           |
| 20:1.....g                               | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.580                                 |            | 0              |            | 1   |                 | 0.423     | 0.481     |           |
| 18:2 undifferentiated.....g              | 0.510                                 |            | 1              |            | 1   |                 | 0.372     | 0.423     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 1              |            | 1   |                 | 0.051     | 0.058     |           |
| 18:4.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 77                                    |            | 0              |            | 4   |                 | 56        | 64        |           |
| Phytosterols.....mg                      |                                       |            |                |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.276                                 |            | 0              |            | 1   |                 | 0.201     | 0.229     |           |
| Threonine.....g                          | 0.848                                 |            | 0              |            | 1   |                 | 0.619     | 0.704     |           |
| Isoleucine.....g                         | 1.019                                 |            | 0              |            | 1   |                 | 0.744     | 0.846     |           |
| Leucine.....g                            | 1.677                                 |            | 0              |            | 1   |                 | 1.224     | 1.392     |           |
| Lysine.....g                             | 1.699                                 |            | 0              |            | 1   |                 | 1.240     | 1.410     |           |
| Methionine.....g                         | 0.537                                 |            | 0              |            | 1   |                 | 0.392     | 0.446     |           |
| Cystine.....g                            | 0.305                                 |            | 0              |            | 1   |                 | 0.223     | 0.253     |           |
| Phenylalanine.....g                      | 0.832                                 |            | 0              |            | 1   |                 | 0.607     | 0.691     |           |
| Tyrosine.....g                           | 0.756                                 |            | 0              |            | 1   |                 | 0.552     | 0.627     |           |
| Valine.....g                             | 1.039                                 |            | 0              |            | 1   |                 | 0.758     | 0.862     |           |
| Arginine.....g                           | 1.267                                 |            | 0              |            | 1   |                 | 0.925     | 1.052     |           |
| Histidine.....g                          | 0.524                                 |            | 0              |            | 1   |                 | 0.383     | 0.435     |           |
| Alanine.....g                            | 1.258                                 |            | 0              |            | 1   |                 | 0.918     | 1.044     |           |
| Aspartic acid.....g                      | 1.944                                 |            | 0              |            | 1   |                 | 1.419     | 1.614     |           |
| Glutamic acid.....g                      | 3.106                                 |            | 0              |            | 1   |                 | 2.267     | 2.578     |           |
| Glycine.....g                            | 1.112                                 |            | 0              |            | 1   |                 | 0.812     | 0.923     |           |
| Proline.....g                            | 0.975                                 |            | 0              |            | 1   |                 | 0.712     | 0.809     |           |
| Serine.....g                             | 0.854                                 |            | 0              |            | 1   |                 | 0.623     | 0.709     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |   |                 |           |           |           |

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

**Common Measures:**

Measure 1 = 73g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 83g: .5 breast, bone and skin removed

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 66.52                                 |            | 0                     |            | 1           |                 | 158.98  | 179.60    |           |
| Energy.....kcal                       | 211                                   |            | 0                     | NC         | 4           |                 | 504   | 570       |           |
| Energy.....kj                         | 883                                   |            |                       |            | 4           |                 | 2110  | 2384      |           |
| Protein (N x 6.25).....g              | 17.42                                 |            | 0                     |            | 1           |                 | 41.63   | 47.03     |           |
| Total lipid (fat).....g               | 15.20                                 |            | 0                     |            | 1           |                 | 36.33   | 41.04     |           |
| Ash.....g                             | 1.16                                  |            | 0                     |            | 1           |                 | 2.77  | 3.13      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 5                                     |            | 0                     |            | 1           |                 | 12  | 14        |           |
| Iron, Fe.....mg                       | 4.16                                  |            | 0                     |            | 1           |                 | 9.94  | 11.23     |           |
| Magnesium, Mg.....mg                  | 20                                    |            | 0                     |            | 1           |                 | 48  | 54        |           |
| Phosphorus, P.....mg                  | 168                                   |            | 0                     |            | 1           |                 | 402   | 454       |           |
| Potassium, K.....mg                   | 249                                   |            | 0                     |            | 1           |                 | 595   | 672       |           |
| Sodium, Na.....mg                     | 56                                    |            | 0                     |            | 1           |                 | 134   | 151       |           |
| Zinc, Zn.....mg                       | 0.77                                  |            | 0                     |            | 1           |                 | 1.84  | 2.08      |           |
| Copper, Cu.....mg                     | 0.312                                 |            | 0                     |            | 1           |                 | 0.746   | 0.842     |           |
| Manganese, Mn.....mg                  | 0.019                                 |            | 0                     |            | 4           |                 | 0.045   | 0.051     |           |
| Selenium, Se.....mcg                  | 12.8                                  |            | 0                     | PIE        | 4           |                 | 30.6  | 34.6      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 5.2                                   |            | 0                     |            | 1           |                 | 12.4  | 14.0      |           |
| Thiamin.....mg                        | 0.351                                 |            | 0                     |            | 1           |                 | 0.839   | 0.948     |           |
| Riboflavin.....mg                     | 0.269                                 |            | 0                     |            | 1           |                 | 0.643   | 0.726     |           |
| Niacin.....mg                         | 3.317                                 |            | 0                     |            | 1           |                 | 7.928   | 8.956     |           |
| Pantothenic acid.....mg               | 0.701                                 |            | 0                     |            | 1           |                 | 1.675   | 1.893     |           |
| Vitamin B-6.....mg                    | 0.530                                 |            | 0                     |            | 1           |                 | 1.267   | 1.431     |           |
| Folate, total.....mcg                 | 21                                    |            | 0                     |            | 4           |                 | 50  | 57        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 21                                    |            | 0                     |            | 4           |                 | 50  | 57        |           |
| Folate, DFE.....mcg_DFE               | 21                                    |            | 0                     | NC         | 4           |                 | 50  | 57        |           |
| Vitamin B-12.....mcg                  | 0.65                                  |            | 0                     |            | 1           |                 | 1.55  | 1.76      |           |
| Vitamin A, IU.....IU                  | 88                                    |            | 0                     |            | 4           |                 | 210   | 238       |           |
| Vitamin A, RAE.....mcg_RAE            | 26                                    |            | 0                     |            | 4           |                 | 63  | 71        |           |
| Retinol.....mcg                       | 26                                    |            | 0                     |            | 4           |                 | 63  | 71        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 5.040                                 |            | 0                     |            | 1           |                 | 12.046  | 13.608    |           |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.040                                 |            | 0                     |            | 1           |                 | 0.096   | 0.108     |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.090                                 |            | 0                     |            | 1           |                 | 0.215   | 0.243     |           |
| 15:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....g                            | 3.480                                 |            | 0                     |            | 1           |                 | 8.317   | 9.396     |           |
| 17:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 18:0.....g                            | 1.270                                 |            | 0                     |            | 1           |                 | 3.035   | 3.429     |           |
| 20:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |

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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.800                                 |            | 0              |       | 1      |   | 16.252    | 18.360    |           |
| 14:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.610                                 |            | 0              |       | 1      |   | 1.458     | 1.647     |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.060                                 |            | 0              |       | 1      |   | 14.483    | 16.362    |           |
| 20:1.....g                               | 0.130                                 |            | 0              |       | 1      |   | 0.311     | 0.351     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.020                                 |            | 0              |       | 1      |   | 4.828     | 5.454     |           |
| 18:2 undifferentiated.....g              | 1.850                                 |            | 0              |       | 1      |   | 4.422     | 4.995     |           |
| 18:3 undifferentiated.....g              | 0.170                                 |            | 0              |       | 1      |   | 0.406     | 0.459     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |       | 1      |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |   |           |           |           |
| Cholesterol.....mg                       | 80                                    |            | 1              |       | 1      |   | 191       | 216       |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.237                                 |            | 0              |       | 1      |   | 0.566     | 0.640     |           |
| Threonine.....g                          | 0.738                                 |            | 0              |       | 1      |   | 1.764     | 1.993     |           |
| Isoleucine.....g                         | 0.878                                 |            | 0              |       | 1      |   | 2.098     | 2.371     |           |
| Leucine.....g                            | 1.449                                 |            | 0              |       | 1      |   | 3.463     | 3.912     |           |
| Lysine.....g                             | 1.468                                 |            | 0              |       | 1      |   | 3.509     | 3.964     |           |
| Methionine.....g                         | 0.465                                 |            | 0              |       | 1      |   | 1.111     | 1.256     |           |
| Cystine.....g                            | 0.269                                 |            | 0              |       | 1      |   | 0.643     | 0.726     |           |
| Phenylalanine.....g                      | 0.723                                 |            | 0              |       | 1      |   | 1.728     | 1.952     |           |
| Tyrosine.....g                           | 0.650                                 |            | 0              |       | 1      |   | 1.554     | 1.755     |           |
| Valine.....g                             | 0.902                                 |            | 0              |       | 1      |   | 2.156     | 2.435     |           |
| Arginine.....g                           | 1.124                                 |            | 0              |       | 1      |   | 2.686     | 3.035     |           |
| Histidine.....g                          | 0.454                                 |            | 0              |       | 1      |   | 1.085     | 1.226     |           |
| Alanine.....g                            | 1.119                                 |            | 0              |       | 1      |   | 2.674     | 3.021     |           |
| Aspartic acid.....g                      | 1.698                                 |            | 0              |       | 1      |   | 4.058     | 4.585     |           |
| Glutamic acid.....g                      | 2.697                                 |            | 0              |       | 1      |   | 6.446     | 7.282     |           |
| Glycine.....g                            | 1.066                                 |            | 0              |       | 1      |   | 2.548     | 2.878     |           |
| Proline.....g                            | 0.894                                 |            | 0              |       | 1      |   | 2.137     | 2.414     |           |
| Serine.....g                             | 0.748                                 |            | 0              |       | 1      |   | 1.788     | 2.020     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |        |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | z     | 7      |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                |       |        |   |           |           |           |
| Theobromine.....mg                       |                                       |            |                |       |        |   |           |           |           |

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

**Common Measures:**

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 270g: .5 duck

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Anas platyrhynchos*

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|----------------|-------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  |   |                 |           |           |           |
| <b>Proximates:</b>                       |                                       |            |                |       |   |                 |           |           |           |
| Water.....g                              | 63.25                                 |            | 2              | A     | 1   |                 | 35.42     | 53.76     | 75.90     |
| Energy.....kcal                          | 202                                   |            | 0              | NC    | 4   |                 | 113       | 172       | 242       |
| Energy.....kj                            | 845                                   |            |                |       | 4   |                 | 473       | 718       | 1014      |
| Protein (N x 6.25).....g                 | 24.50                                 |            | 2              | A     | 1   |                 | 13.72     | 20.83     | 29.40     |
| Total lipid (fat) (2).....g              | 10.85                                 | 0.740      | 8              | A     | 1   |                 | 6.08      | 9.22      | 13.02     |
| Ash.....g                                | 1.15                                  |            | 2              | A     | 1   |                 | 0.64      | 0.98      | 1.38      |
| Carbohydrate, by difference.....g        | 0.00                                  |            | 0              | Z     | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g               |                                       |            |                |       |   |                 |           |           |           |
| Sugars, total.....g                      |                                       |            |                |       |   |                 |           |           |           |
| Starch.....g                             |                                       |            |                |       |   |                 |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                |       |   |                 |           |           |           |
| Calcium, Ca.....mg                       | 8                                     |            | 2              | A     | 1   |                 | 4         | 7         | 10        |
| Iron, Fe.....mg                          | 3.26                                  |            | 2              | A     | 1   |                 | 1.83      | 2.77      | 3.91      |
| Magnesium, Mg.....mg                     |                                       |            |                |       |   |                 |           |           |           |
| Phosphorus, P.....mg                     |                                       |            |                |       |   |                 |           |           |           |
| Potassium, K.....mg                      |                                       |            |                |       |   |                 |           |           |           |
| Sodium, Na.....mg                        | 84                                    |            | 2              | A     | 1   |                 | 47        | 71        | 101       |
| Zinc, Zn.....mg                          |                                       |            |                |       |   |                 |           |           |           |
| Copper, Cu.....mg                        |                                       |            |                |       |   |                 |           |           |           |
| Manganese, Mn.....mg                     |                                       |            |                |       |   |                 |           |           |           |
| Selenium, Se.....mcg                     | 26.4                                  |            | 0              | BFNN  | 4   |                 | 14.8      | 22.4      | 31.7      |
| <b>Vitamins:</b>                         |                                       |            |                |       |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 2.8                                   |            | 2              | A     | 1   |                 | 1.6       | 2.4       | 3.4       |
| Thiamin.....mg                           |                                       |            |                |       |   |                 |           |           |           |
| Riboflavin.....mg                        |                                       |            |                |       |   |                 |           |           |           |
| Niacin.....mg                            | 7.855                                 |            | 2              | A     | 1   |                 | 4.399     | 6.677     | 9.426     |
| Pantothenic acid.....mg                  |                                       |            |                |       |   |                 |           |           |           |
| Vitamin B-6.....mg                       |                                       |            |                |       |   |                 |           |           |           |
| Folate, total.....mcg                    |                                       |            |                |       |   |                 |           |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                |       |   |                 |           |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                |       |   |                 |           |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                |       |   |                 |           |           |           |
| Vitamin A, RAE.....mcg_RAE               |                                       |            |                |       |   |                 |           |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                |       |   |                 |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                |       |   |                 |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                |       |   |                 |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                |       |   |                 |           |           |           |
| Vitamin D.....IU                         |                                       |            |                |       |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg        |                                       |            |                |       |   |                 |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                |       |   |                 |           |           |           |
| Fatty acids, total saturated.....g       | 2.922                                 |            | 0              |       | 1   |                 | 1.636     | 2.484     | 3.506     |
| 4:0.....g                                |                                       |            |                |       |   |                 |           |           |           |
| 6:0.....g                                |                                       |            |                |       |   |                 |           |           |           |
| 8:0.....g                                |                                       |            |                |       |   |                 |           |           |           |
| 10:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| 12:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| 13:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| 14:0.....g                               | 0.060                                 |            | 2              | A     | 1   |                 | 0.034     | 0.051     | 0.072     |
| 15:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| 16:0.....g                               | 2.259                                 |            | 2              | A     | 1   |                 | 1.265     | 1.920     | 2.711     |
| 17:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| 18:0.....g                               | 0.603                                 |            | 2              | A     | 1   |                 | 0.338     | 0.513     | 0.724     |
| 20:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| 22:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| 24:0.....g                               |                                       |            |                |       |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.428                                 |            |                |       |   |                 |           |           |           |

NDB No. 05315

Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted (1 )

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------------------------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence                         | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |                                    |           |           |           |
|  |                                       |            | Points  |       |        |                                    |           |           |           |
| 16:1 undifferentiated.....g              | 0.420                                 |            | 2       | A     | 1      |                                    | 0.235     | 0.357     | 0.504     |
| 17:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 18:1 undifferentiated.....g              | 4.939                                 |            | 2       | A     | 1      |                                    | 2.766     | 4.198     | 5.927     |
| 20:1.....g                               | 0.059                                 |            | 2       | A     | 1      |                                    | 0.033     | 0.050     | 0.071     |
| 22:1 undifferentiated.....g              |                                       |            |         |       |        |                                    |           |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |                                    |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.632                                 |            | 0       |       | 1      |                                    | 0.914     | 1.387     | 1.958     |
| 18:2 undifferentiated.....g              | 1.496                                 |            | 2       | A     | 1      |                                    | 0.838     | 1.272     | 1.795     |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 2       | A     | 1      |                                    | 0.039     | 0.060     | 0.084     |
| 18:4.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |                                    |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |                                    |           |           |           |
| 20:4 undifferentiated.....g              | 0.066                                 |            | 2       | A     | 1      |                                    | 0.037     | 0.056     | 0.079     |
| 20:5 n-3.....g                           |                                       |            |         |       |        |                                    |           |           |           |
| 22:5 n-3.....g                           |                                       |            |         |       |        |                                    |           |           |           |
| 22:6 n-3.....g                           |                                       |            |         |       |        |                                    |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |                                    |           |           |           |
| Cholesterol (3) .....mg                  | 136                                   |            | 2       | A     | 1      |                                    | 76        | 116       | 163       |
| Phytosterols.....mg                      |                                       |            |         |       |        |                                    |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |         |       |        |                                    |           |           |           |
| Tryptophan.....g                         | 0.337                                 |            | 0       |       | 1      |                                    | 0.189     | 0.286     | 0.404     |
| Threonine.....g                          | 1.039                                 |            | 0       |       | 1      |                                    | 0.582     | 0.883     | 1.247     |
| Isoleucine.....g                         | 1.247                                 |            | 0       |       | 1      |                                    | 0.698     | 1.060     | 1.496     |
| Leucine.....g                            | 2.050                                 |            | 0       |       | 1      |                                    | 1.148     | 1.743     | 2.460     |
| Lysine.....g                             | 2.078                                 |            | 0       |       | 1      |                                    | 1.164     | 1.766     | 2.494     |
| Methionine.....g                         | 0.655                                 |            | 0       |       | 1      |                                    | 0.367     | 0.557     | 0.786     |
| Cystine.....g                            | 0.372                                 |            | 0       |       | 1      |                                    | 0.208     | 0.316     | 0.446     |
| Phenylalanine.....g                      | 1.019                                 |            | 0       |       | 1      |                                    | 0.571     | 0.866     | 1.223     |
| Tyrosine.....g                           | 0.925                                 |            | 0       |       | 1      |                                    | 0.518     | 0.786     | 1.110     |
| Valine.....g                             | 1.270                                 |            | 0       |       | 1      |                                    | 0.711     | 1.080     | 1.524     |
| Arginine.....g                           | 1.548                                 |            | 0       |       | 1      |                                    | 0.867     | 1.316     | 1.858     |
| Histidine.....g                          | 0.643                                 |            | 0       |       | 1      |                                    | 0.360     | 0.547     | 0.772     |
| Alanine.....g                            | 1.537                                 |            | 0       |       | 1      |                                    | 0.861     | 1.306     | 1.844     |
| Aspartic acid.....g                      | 2.379                                 |            | 0       |       | 1      |                                    | 1.332     | 2.022     | 2.855     |
| Glutamic acid.....g                      | 3.798                                 |            | 0       |       | 1      |                                    | 2.127     | 3.228     | 4.558     |
| Glycine.....g                            | 1.360                                 |            | 0       |       | 1      |                                    | 0.762     | 1.156     | 1.632     |
| Proline.....g                            | 1.192                                 |            | 0       |       | 1      |                                    | 0.668     | 1.013     | 1.430     |
| Serine.....g                             | 1.047                                 |            | 0       |       | 1      |                                    | 0.586     | 0.890     | 1.256     |
| Hydroxyproline.....g                     |                                       |            |         |       |        |                                    |           |           |           |

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

#### Common Measures:

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

Measure 2 = 85g: 3 oz

Measure 3 = 120g: .5 breast, bone removed

#### Footnotes

- Pieces, skin side down, seared 13 minutes; roasted at 350 degrees F, 17 minutes to 165 degrees F
- Data from the Duckling Council and a USDA contract
- 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 17 (2004)



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 |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.066                                 |            | 2       | A     | 1      |   | 0.115     | 0.029     | 0.063     |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.792                                 |            | 2       | A     | 1      |   | 1.378     | 0.348     | 0.752     |
| 20:1.....g                               | 0.010                                 |            | 2       | A     | 1      |   | 0.017     | 0.004     | 0.010     |
| 22:1 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.378                                 |            | 0       |       | 1      |   | 0.658     | 0.166     | 0.359     |
| 18:2 undifferentiated.....g              | 0.302                                 |            | 2       | A     | 1      |   | 0.525     | 0.133     | 0.287     |
| 18:3 undifferentiated.....g              | 0.012                                 |            | 2       | A     | 1      |   | 0.021     | 0.005     | 0.011     |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.064                                 |            | 2       | A     | 1      |   | 0.111     | 0.028     | 0.061     |
| 20:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol (3) .....mg                  | 143                                   | 4.600      | 8       | A     | 1      |   | 249       | 63        | 136       |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <u>Amino Acids:</u>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.380                                 |            | 0       |       | 1      |   | 0.661     | 0.167     | 0.361     |
| Threonine.....g                          | 1.170                                 |            | 0       |       | 1      |   | 2.036     | 0.515     | 1.112     |
| Isoleucine.....g                         | 1.404                                 |            | 0       |       | 1      |   | 2.443     | 0.618     | 1.334     |
| Leucine.....g                            | 2.310                                 |            | 0       |       | 1      |   | 4.019     | 1.016     | 2.195     |
| Lysine.....g                             | 2.340                                 |            | 0       |       | 1      |   | 4.072     | 1.030     | 2.223     |
| Methionine.....g                         | 0.737                                 |            | 0       |       | 1      |   | 1.282     | 0.324     | 0.700     |
| Cystine.....g                            | 0.420                                 |            | 0       |       | 1      |   | 0.731     | 0.185     | 0.399     |
| Phenylalanine.....g                      | 1.148                                 |            | 0       |       | 1      |   | 1.998     | 0.505     | 1.091     |
| Tyrosine.....g                           | 1.042                                 |            | 0       |       | 1      |   | 1.813     | 0.458     | 0.990     |
| Valine.....g                             | 1.431                                 |            | 0       |       | 1      |   | 2.490     | 0.630     | 1.359     |
| Arginine.....g                           | 1.744                                 |            | 0       |       | 1      |   | 3.035     | 0.767     | 1.657     |
| Histidine.....g                          | 0.724                                 |            | 0       |       | 1      |   | 1.260     | 0.319     | 0.688     |
| Alanine.....g                            | 1.731                                 |            | 0       |       | 1      |   | 3.012     | 0.762     | 1.644     |
| Aspartic acid.....g                      | 2.681                                 |            | 0       |       | 1      |   | 4.665     | 1.180     | 2.547     |
| Glutamic acid.....g                      | 4.279                                 |            | 0       |       | 1      |   | 7.445     | 1.883     | 4.065     |
| Glycine.....g                            | 1.532                                 |            | 0       |       | 1      |   | 2.666     | 0.674     | 1.455     |
| Proline.....g                            | 1.342                                 |            | 0       |       | 1      |   | 2.335     | 0.590     | 1.275     |
| Serine.....g                             | 1.179                                 |            | 0       |       | 1      |   | 2.051     | 0.519     | 1.120     |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 174g: 1 cup, chopped or diced

Measure 2 = 44g: 1 unit (yield from 1 lb ready-to-cook duck)

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

#### Footnotes

1 Skinless pieces, charbroiled 12 minutes to 165 degrees F

2 Data from the Duckling Council and a USDA contract

3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



*Anas platyrhynchos*

**Refuse: 31% Bone**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                       |                                       |            |                |            |             |   |           |           |           |
| 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                             |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                         |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                       | 10                                    |            | 2              | A          | 1           |   | 9         | 4         | 9         |
| Iron, Fe.....mg                          | 2.08                                  |            | 2              | A          | 1           |   | 1.91      | 0.89      | 1.77      |
| Magnesium, Mg.....mg                     |                                       |            |                |            |             |   |           |           |           |
| Phosphorus, P.....mg                     |                                       |            |                |            |             |   |           |           |           |
| Potassium, K.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Sodium, Na.....mg                        | 110                                   |            | 2              | A          | 1           |   | 101       | 47        | 94        |
| Zinc, Zn.....mg                          |                                       |            |                |            |             |   |           |           |           |
| Copper, Cu.....mg                        |                                       |            |                |            |             |   |           |           |           |
| Manganese, Mn.....mg                     |                                       |            |                |            |             |   |           |           |           |
| Selenium, Se.....mcg                     | 21.8                                  |            | 0              | BFNN       | 4           |   | 20.1      | 9.4       | 18.5      |
| <b>Vitamins:</b>                         |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg    | 1.5                                   |            | 2              | A          | 1           |   | 1.4       | 0.6       | 1.3       |
| Thiamin.....mg                           |                                       |            |                |            |             |   |           |           |           |
| Riboflavin.....mg                        |                                       |            |                |            |             |   |           |           |           |
| Niacin.....mg                            | 5.770                                 |            | 2              | A          | 1           |   | 5.308     | 2.481     | 4.905     |
| Pantothenic acid.....mg                  |                                       |            |                |            |             |   |           |           |           |
| Vitamin B-6.....mg                       |                                       |            |                |            |             |   |           |           |           |
| Folate, total.....mcg                    |                                       |            |                |            |             |   |           |           |           |
| Folate, DFE.....mcg_DFE                  |                                       |            |                |            |             |   |           |           |           |
| Vitamin B-12.....mcg                     |                                       |            |                |            |             |   |           |           |           |
| Vitamin A, IU.....IU                     |                                       |            |                |            |             |   |           |           |           |
| Vitamin A, RAE.....mcg_RAE               |                                       |            |                |            |             |   |           |           |           |
| Vitamin E (alpha-tocopherol).....mg      |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, beta.....mg                  |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg                 |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg                 |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                         |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg        |                                       |            |                |            |             |   |           |           |           |
| <b>Lipids:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g       | 2.975                                 |            | 0              |            | 1           |   | 2.737     | 1.279     | 2.529     |
| 4:0.....g                                |                                       |            |                |            |             |   |           |           |           |
| 6:0.....g                                |                                       |            |                |            |             |   |           |           |           |
| 8:0.....g                                |                                       |            |                |            |             |   |           |           |           |
| 10:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| 12:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| 13:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                               | 0.069                                 |            | 2              | A          | 1           |   | 0.063     | 0.030     | 0.059     |
| 15:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:0.....g                               | 2.300                                 |            | 2              | A          | 1           |   | 2.116     | 0.989     | 1.955     |
| 17:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:0.....g                               | 0.606                                 |            | 2              | A          | 1           |   | 0.558     | 0.261     | 0.515     |
| 20:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| 24:0.....g                               |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.617                                 |            | 0              |            | 1           |   | 5.168     | 2.415     | 4.774     |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |

NDB No. 05317

Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted (1)

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.440                                 |            | 2       | A     | 1      |   | 0.405     | 0.189     | 0.374     |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 5.109                                 |            | 2       | A     | 1      |   | 4.700     | 2.197     | 4.343     |
| 20:1.....g                               | 0.058                                 |            | 2       | A     | 1      |   | 0.053     | 0.025     | 0.049     |
| 22:1 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.896                                 |            | 0       |       | 1      |   | 1.744     | 0.815     | 1.612     |
| 18:2 undifferentiated.....g              | 1.748                                 |            | 2       | A     | 1      |   | 1.608     | 0.752     | 1.486     |
| 18:3 undifferentiated.....g              | 0.083                                 |            | 2       | A     | 1      |   | 0.076     | 0.036     | 0.071     |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.065                                 |            | 2       | A     | 1      |   | 0.060     | 0.028     | 0.055     |
| 20:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol (3) .....mg                  | 114                                   |            | 2       | A     | 1      |   | 105       | 49        | 97        |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| Amino Acids:                             |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.368                                 |            | 0       |       | 1      |   | 0.339     | 0.158     | 0.313     |
| Threonine.....g                          | 1.134                                 |            | 0       |       | 1      |   | 1.043     | 0.488     | 0.964     |
| Isoleucine.....g                         | 1.361                                 |            | 0       |       | 1      |   | 1.252     | 0.585     | 1.157     |
| Leucine.....g                            | 2.238                                 |            | 0       |       | 1      |   | 2.059     | 0.962     | 1.902     |
| Lysine.....g                             | 2.268                                 |            | 0       |       | 1      |   | 2.087     | 0.975     | 1.928     |
| Methionine.....g                         | 0.715                                 |            | 0       |       | 1      |   | 0.658     | 0.307     | 0.608     |
| Cystine.....g                            | 0.407                                 |            | 0       |       | 1      |   | 0.374     | 0.175     | 0.346     |
| Phenylalanine.....g                      | 1.113                                 |            | 0       |       | 1      |   | 1.024     | 0.479     | 0.946     |
| Tyrosine.....g                           | 1.010                                 |            | 0       |       | 1      |   | 0.929     | 0.434     | 0.859     |
| Valine.....g                             | 1.387                                 |            | 0       |       | 1      |   | 1.276     | 0.596     | 1.179     |
| Arginine.....g                           | 1.691                                 |            | 0       |       | 1      |   | 1.556     | 0.727     | 1.437     |
| Histidine.....g                          | 0.702                                 |            | 0       |       | 1      |   | 0.646     | 0.302     | 0.597     |
| Alanine.....g                            | 1.678                                 |            | 0       |       | 1      |   | 1.544     | 0.722     | 1.426     |
| Aspartic acid.....g                      | 2.598                                 |            | 0       |       | 1      |   | 2.390     | 1.117     | 2.208     |
| Glutamic acid.....g                      | 4.147                                 |            | 0       |       | 1      |   | 3.815     | 1.783     | 3.525     |
| Glycine.....g                            | 1.485                                 |            | 0       |       | 1      |   | 1.366     | 0.639     | 1.262     |
| Proline.....g                            | 1.301                                 |            | 0       |       | 1      |   | 1.197     | 0.559     | 1.106     |
| Serine.....g                             | 1.143                                 |            | 0       |       | 1      |   | 1.052     | 0.491     | 0.972     |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 92g: 1 leg, bone removed (yield after cooking)

Measure 2 = 43g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 85g: 3 oz

#### Footnotes

1 Pieces with skin, seared 13 minutes, roasted at 350 degrees F, 60 minutes to 185 degrees F

2 Data from the Duckling Council and a USDA contract

3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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 |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.216                                 |            | 2       | A     | 1      |   | 0.376     | 0.076     | 0.184     |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.387                                 |            | 2       | A     | 1      |   | 4.153     | 0.835     | 2.029     |
| 20:1.....g                               | 0.024                                 |            | 2       | A     | 1      |   | 0.042     | 0.008     | 0.020     |
| 22:1 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.909                                 |            | 0       |       | 1      |   | 1.582     | 0.318     | 0.773     |
| 18:2 undifferentiated.....g              | 0.817                                 |            | 2       | A     | 1      |   | 1.422     | 0.286     | 0.694     |
| 18:3 undifferentiated.....g              | 0.039                                 |            | 2       | A     | 1      |   | 0.068     | 0.014     | 0.033     |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.054                                 |            | 2       | A     | 1      |   | 0.094     | 0.019     | 0.046     |
| 20:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol (3).....mg                   | 105                                   | 3.200      | 8       | A     | 1      |   | 183       | 37        | 89        |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| Amino Acids:                             |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.400                                 |            | 0       |       | 1      |   | 0.696     | 0.140     | 0.340     |
| Threonine.....g                          | 1.234                                 |            | 0       |       | 1      |   | 2.147     | 0.432     | 1.049     |
| Isoleucine.....g                         | 1.481                                 |            | 0       |       | 1      |   | 2.577     | 0.518     | 1.259     |
| Leucine.....g                            | 2.435                                 |            | 0       |       | 1      |   | 4.237     | 0.852     | 2.070     |
| Lysine.....g                             | 2.468                                 |            | 0       |       | 1      |   | 4.294     | 0.864     | 2.098     |
| Methionine.....g                         | 0.778                                 |            | 0       |       | 1      |   | 1.354     | 0.272     | 0.661     |
| Cystine.....g                            | 0.442                                 |            | 0       |       | 1      |   | 0.769     | 0.155     | 0.376     |
| Phenylalanine.....g                      | 1.211                                 |            | 0       |       | 1      |   | 2.107     | 0.424     | 1.029     |
| Tyrosine.....g                           | 1.099                                 |            | 0       |       | 1      |   | 1.912     | 0.385     | 0.934     |
| Valine.....g                             | 1.509                                 |            | 0       |       | 1      |   | 2.626     | 0.528     | 1.283     |
| Arginine.....g                           | 1.839                                 |            | 0       |       | 1      |   | 3.200     | 0.644     | 1.563     |
| Histidine.....g                          | 0.764                                 |            | 0       |       | 1      |   | 1.329     | 0.267     | 0.649     |
| Alanine.....g                            | 1.825                                 |            | 0       |       | 1      |   | 3.176     | 0.639     | 1.551     |
| Aspartic acid.....g                      | 2.826                                 |            | 0       |       | 1      |   | 4.917     | 0.989     | 2.402     |
| Glutamic acid.....g                      | 4.512                                 |            | 0       |       | 1      |   | 7.851     | 1.579     | 3.835     |
| Glycine.....g                            | 1.616                                 |            | 0       |       | 1      |   | 2.812     | 0.566     | 1.374     |
| Proline.....g                            | 1.415                                 |            | 0       |       | 1      |   | 2.462     | 0.495     | 1.203     |
| Serine.....g                             | 1.243                                 |            | 0       |       | 1      |   | 2.163     | 0.435     | 1.057     |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 174g: 1 cup chopped or diced, cooked

Measure 2 = 35g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 85g: 3 oz

#### Footnotes

1 Skinless pieces, covered and braised at 350 degrees F, 55 minutes to 185 degrees F

2 Data from the Duckling Council and a USDA contract

3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05624**  
**Emu, fan fillet, cooked, broiled**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.917                                 |            | 0              | NC         | 4           |   | 3.611     | 0.779     |           |
| 14:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.074                                 |            | 0              | BFFN       | 4           |   | 0.294     | 0.063     |           |
| 17:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.002     | 0.000     |           |
| 18:1 undifferentiated.....g              | 0.835                                 |            | 0              | BFFN       | 4           |   | 3.289     | 0.710     |           |
| 20:1.....g                               | 0.007                                 |            | 0              | BFFN       | 4           |   | 0.027     | 0.006     |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.318                                 |            | 0              | NC         | 4           |   | 1.252     | 0.270     |           |
| 18:2 undifferentiated.....g              | 0.238                                 |            | 0              | BFFN       | 4           |   | 0.937     | 0.202     |           |
| 18:3 undifferentiated.....g              | 0.012                                 |            | 0              | BFFN       | 4           |   | 0.048     | 0.010     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.004                                 |            | 0              | BFFN       | 4           |   | 0.015     | 0.003     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.064                                 |            | 0              | BFFN       | 4           |   | 0.251     | 0.054     |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 82                                    | 1.800      | 3              | A          | 1           |   | 325       | 70        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.207                                 |            | 0              | A          | 1           |   | 0.814     | 0.176     |           |
| Threonine.....g                          | 0.896                                 |            | 0              | A          | 1           |   | 3.532     | 0.762     |           |
| Isoleucine.....g                         | 1.016                                 |            | 0              | A          | 1           |   | 4.003     | 0.864     |           |
| Leucine.....g                            | 1.726                                 |            | 0              | A          | 1           |   | 6.801     | 1.467     |           |
| Lysine.....g                             | 1.840                                 |            | 0              | A          | 1           |   | 7.249     | 1.564     |           |
| Methionine.....g                         | 0.593                                 |            | 0              | A          | 1           |   | 2.336     | 0.504     |           |
| Cystine.....g                            | 0.226                                 |            | 0              | A          | 1           |   | 0.890     | 0.192     |           |
| Phenylalanine.....g                      | 0.892                                 |            | 0              | A          | 1           |   | 3.515     | 0.758     |           |
| Tyrosine.....g                           | 0.667                                 |            | 0              | A          | 1           |   | 2.628     | 0.567     |           |
| Valine.....g                             | 1.041                                 |            | 0              | A          | 1           |   | 4.102     | 0.885     |           |
| Arginine.....g                           | 1.407                                 |            | 0              | A          | 1           |   | 5.545     | 1.196     |           |
| Histidine.....g                          | 0.685                                 |            | 0              | A          | 1           |   | 2.698     | 0.582     |           |
| Alanine.....g                            | 1.216                                 |            | 0              | A          | 1           |   | 4.789     | 1.033     |           |
| Aspartic acid.....g                      | 2.720                                 |            | 0              | A          | 1           |   | 10.719    | 2.312     |           |
| Glutamic acid.....g                      | 3.053                                 |            | 0              | A          | 1           |   | 12.027    | 2.595     |           |
| Glycine.....g                            | 0.984                                 |            | 0              | A          | 1           |   | 3.878     | 0.837     |           |
| Proline.....g                            | 1.267                                 |            | 0              | A          | 1           |   | 4.992     | 1.077     |           |
| Serine.....g                             | 0.744                                 |            | 0              | A          | 1           |   | 2.931     | 0.632     |           |
| Hydroxyproline.....g                     | 0.205                                 |            | 0              | A          | 1           |   | 0.806     | 0.174     |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**NDB No. 05624**

**Emu, fan fillet, cooked, broiled**

**Common Measures:**

Measure 1 = 394g: 1 steak

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                          |               |                |                    |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                          |               |                |                    |   |           |           |
| Water.....g                           | 74.62                                 |            | 6                        | A             | 1              |                    | 382.80  | 63.43     |           |
| Energy.....kcal                       | 103                                   |            | 0                        | NC            | 4              |                    | 530   | 88        |           |
| Energy.....kj                         | 432                                   |            | 0                        | NC            | 4              |                    | 2217  | 367       |           |
| Protein (N x 6.25).....g              | 22.50                                 |            | 6                        | A             | 1              |                    | 115.43  | 19.13     |           |
| Total lipid (fat).....g               | 0.80                                  |            | 6                        | A             | 1              |                    | 4.10  | 0.68      |           |
| Ash.....g                             | 1.10                                  |            | 6                        | A             | 1              |                    | 5.64  | 0.94      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                        | Z             | 7              |                    | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                        | Z             | 7              |                    | 0.0   | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                        | Z             | 7              |                    | 0.00  | 0.00      |           |
| Starch.....g                          |                                       |            |                          |               |                |                    |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| Calcium, Ca.....mg                    | 3                                     |            | 6                        | A             | 1              |                    | 15  | 3         |           |
| Iron, Fe.....mg                       | 4.50                                  |            | 6                        | A             | 1              |                    | 23.09   | 3.83      |           |
| Magnesium, Mg.....mg                  | 42                                    |            | 6                        | A             | 1              |                    | 215   | 36        |           |
| Phosphorus, P.....mg                  | 236                                   |            | 0                        | BFNN          | 4              |                    | 1212  | 201       |           |
| Potassium, K.....mg                   | 300                                   |            | 6                        | A             | 1              |                    | 1539  | 255       |           |
| Sodium, Na.....mg                     | 120                                   |            | 6                        | A             | 1              |                    | 616   | 102       |           |
| Zinc, Zn.....mg                       | 3.50                                  |            | 6                        | A             | 1              |                    | 17.96   | 2.98      |           |
| Copper, Cu.....mg                     | 0.211                                 |            | 0                        | BFNN          | 4              |                    | 1.084   | 0.180     |           |
| Manganese, Mn.....mg                  | 0.029                                 |            | 0                        | BFNN          | 4              |                    | 0.148   | 0.025     |           |
| Selenium, Se.....mcg                  | 32.5                                  |            | 0                        | BFNN          | 4              |                    | 166.5   | 27.6      |           |
| <b>Vitamins:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                        | Z             | 7              |                    | 0.0   | 0.0       |           |
| Thiamin.....mg                        | 0.267                                 |            | 0                        | BFPN          | 4              |                    | 1.369   | 0.227     |           |
| Riboflavin.....mg                     | 0.451                                 |            | 0                        | BFPN          | 4              |                    | 2.315   | 0.384     |           |
| Niacin.....mg                         | 7.397                                 |            | 0                        | BFPN          | 4              |                    | 37.948  | 6.288     |           |
| Pantothenic acid.....mg               | 2.708                                 |            | 0                        | BFPN          | 4              |                    | 13.892  | 2.302     |           |
| Vitamin B-6.....mg                    | 0.634                                 |            | 0                        | BFPN          | 4              |                    | 3.253   | 0.539     |           |
| Folate, total.....mcg                 | 13                                    |            | 0                        | BFPN          | 4              |                    | 65  | 11        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                        | Z             | 7              |                    | 0   | 0         |           |
| Folate, food.....mcg                  | 13                                    |            | 0                        | BFPN          | 4              |                    | 65  | 11        |           |
| Folate, DFE.....mcg_DFE               | 13                                    |            | 0                        | NC            | 4              |                    | 65  | 11        |           |
| Vitamin B-12.....mcg                  | 6.67                                  |            | 0                        | BFPN          | 4              |                    | 34.21   | 5.67      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0                        | BFSN          | 4              |                    | 0   | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                        | NC            | 4              |                    | 0   | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0                        | BFSN          | 4              |                    | 0   | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.22                                  |            | 0                        | BFSN          | 4              |                    | 1.14  | 0.19      |           |
| Tocopherol, beta.....mg               |                                       |            |                          |               |                |                    |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                          |               |                |                    |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                          |               |                |                    |   |           |           |
| Vitamin D.....IU                      |                                       |            |                          |               |                |                    |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                          |               |                |                    |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total saturated.....g    | 0.201                                 |            | 0                        | NC            | 4              |                    | 1.034   | 0.171     |           |
| 4:0.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| 6:0.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| 8:0.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                        | BFFN          | 4              |                    | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0                        | BFFN          | 4              |                    | 0.000   | 0.000     |           |
| 13:0.....g                            |                                       |            |                          |               |                |                    |   |           |           |
| 14:0.....g                            | 0.002                                 |            | 0                        | BFFN          | 4              |                    | 0.013   | 0.002     |           |
| 15:0.....g                            |                                       |            |                          |               |                |                    |   |           |           |
| 16:0.....g                            | 0.130                                 |            | 0                        | BFFN          | 4              |                    | 0.667   | 0.111     |           |
| 17:0.....g                            |                                       |            |                          |               |                |                    |   |           |           |
| 18:0.....g                            | 0.069                                 |            | 0                        | BFFN          | 4              |                    | 0.352   | 0.058     |           |
| 20:0.....g                            | 0.000                                 |            | 0                        | BFFN          | 4              |                    | 0.001   | 0.000     |           |
| 22:0.....g                            |                                       |            |                          |               |                |                    |   |           |           |
| 24:0.....g                            |                                       |            |                          |               |                |                    |   |           |           |



**NDB No. 05623**  
**Emu, fan fillet, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.319                                 |            | 0              | NC    | 4      |   | 1.635     | 0.271     |           |
| 14:1.....g                               | 0.000                                 |            | 0              | BFFN  | 4      |   | 0.000     | 0.000     |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.026                                 |            | 0              | BFFN  | 4      |   | 0.133     | 0.022     |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.290                                 |            | 0              | BFFN  | 4      |   | 1.490     | 0.247     |           |
| 20:1.....g                               | 0.002                                 |            | 0              | BFFN  | 4      |   | 0.012     | 0.002     |           |
| 22:1 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.109                                 |            | 0              | NC    | 4      |   | 0.560     | 0.093     |           |
| 18:2 undifferentiated.....g              | 0.083                                 |            | 0              | BFFN  | 4      |   | 0.425     | 0.070     |           |
| 18:3 undifferentiated.....g              | 0.004                                 |            | 0              | BFFN  | 4      |   | 0.022     | 0.004     |           |
| 18:4.....g                               |                                       |            |                |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.022                                 |            | 0              | BFFN  | 4      |   | 0.114     | 0.019     |           |
| 20:5 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |   |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 6              | A     | 1      |   | 363       | 60        |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.149                                 |            | 0              | A     | 1      |   | 0.763     | 0.126     |           |
| Threonine.....g                          | 0.645                                 |            | 0              | A     | 1      |   | 3.309     | 0.548     |           |
| Isoleucine.....g                         | 0.731                                 |            | 0              | A     | 1      |   | 3.751     | 0.622     |           |
| Leucine.....g                            | 1.242                                 |            | 0              | A     | 1      |   | 6.373     | 1.056     |           |
| Lysine.....g                             | 1.324                                 |            | 0              | A     | 1      |   | 6.792     | 1.125     |           |
| Methionine.....g                         | 0.427                                 |            | 0              | A     | 1      |   | 2.189     | 0.363     |           |
| Cystine.....g                            | 0.163                                 |            | 0              | A     | 1      |   | 0.834     | 0.138     |           |
| Phenylalanine.....g                      | 0.642                                 |            | 0              | A     | 1      |   | 3.294     | 0.546     |           |
| Tyrosine.....g                           | 0.480                                 |            | 0              | A     | 1      |   | 2.463     | 0.408     |           |
| Valine.....g                             | 0.749                                 |            | 0              | A     | 1      |   | 3.843     | 0.637     |           |
| Arginine.....g                           | 1.013                                 |            | 0              | A     | 1      |   | 5.195     | 0.861     |           |
| Histidine.....g                          | 0.493                                 |            | 0              | A     | 1      |   | 2.527     | 0.419     |           |
| Alanine.....g                            | 0.875                                 |            | 0              | A     | 1      |   | 4.487     | 0.744     |           |
| Aspartic acid.....g                      | 1.958                                 |            | 0              | A     | 1      |   | 10.043    | 1.664     |           |
| Glutamic acid.....g                      | 2.197                                 |            | 0              | A     | 1      |   | 11.269    | 1.867     |           |
| Glycine.....g                            | 0.708                                 |            | 0              | A     | 1      |   | 3.633     | 0.602     |           |
| Proline.....g                            | 0.912                                 |            | 0              | A     | 1      |   | 4.678     | 0.775     |           |
| Serine.....g                             | 0.535                                 |            | 0              | A     | 1      |   | 2.746     | 0.455     |           |
| Hydroxyproline.....g                     | 0.147                                 |            | 0              | A     | 1      |   | 0.755     | 0.125     |           |
| <b>Others:</b>                           |                                       |            |                |       |        |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 513g: 1 fan fillet

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

NDB No. 05623  
Emu, fan fillet, raw

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05625**  
**Emu, flat fillet, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.295                                 |            | 0              | NC         | 4           |   | 1.044     |           |           |
| 14:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 15:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 0.024                                 |            | 0              | BFFN       | 4           |   | 0.085     |           |           |
| 17:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.001     |           |           |
| 18:1 undifferentiated.....g              | 0.269                                 |            | 0              | BFFN       | 4           |   | 0.951     |           |           |
| 20:1.....g                               | 0.002                                 |            | 0              | BFFN       | 4           |   | 0.008     |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.102                                 |            | 0              | NC         | 4           |   | 0.362     |           |           |
| 18:2 undifferentiated.....g              | 0.077                                 |            | 0              | BFFN       | 4           |   | 0.271     |           |           |
| 18:3 undifferentiated.....g              | 0.004                                 |            | 0              | BFFN       | 4           |   | 0.014     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.001                                 |            | 0              | BFFN       | 4           |   | 0.004     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.021                                 |            | 0              | BFFN       | 4           |   | 0.073     |           |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 6              | A          | 1           |   | 251       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.147                                 |            | 0              | A          | 1           |   | 0.520     |           |           |
| Threonine.....g                          | 0.638                                 |            | 0              | A          | 1           |   | 2.258     |           |           |
| Isoleucine.....g                         | 0.723                                 |            | 0              | A          | 1           |   | 2.560     |           |           |
| Leucine.....g                            | 1.228                                 |            | 0              | A          | 1           |   | 4.349     |           |           |
| Lysine.....g                             | 1.309                                 |            | 0              | A          | 1           |   | 4.635     |           |           |
| Methionine.....g                         | 0.422                                 |            | 0              | A          | 1           |   | 1.494     |           |           |
| Cystine.....g                            | 0.161                                 |            | 0              | A          | 1           |   | 0.569     |           |           |
| Phenylalanine.....g                      | 0.635                                 |            | 0              | A          | 1           |   | 2.247     |           |           |
| Tyrosine.....g                           | 0.475                                 |            | 0              | A          | 1           |   | 1.681     |           |           |
| Valine.....g                             | 0.741                                 |            | 0              | A          | 1           |   | 2.623     |           |           |
| Arginine.....g                           | 1.001                                 |            | 0              | A          | 1           |   | 3.545     |           |           |
| Histidine.....g                          | 0.487                                 |            | 0              | A          | 1           |   | 1.725     |           |           |
| Alanine.....g                            | 0.865                                 |            | 0              | A          | 1           |   | 3.062     |           |           |
| Aspartic acid.....g                      | 1.936                                 |            | 0              | A          | 1           |   | 6.853     |           |           |
| Glutamic acid.....g                      | 2.172                                 |            | 0              | A          | 1           |   | 7.690     |           |           |
| Glycine.....g                            | 0.700                                 |            | 0              | A          | 1           |   | 2.479     |           |           |
| Proline.....g                            | 0.902                                 |            | 0              | A          | 1           |   | 3.192     |           |           |
| Serine.....g                             | 0.529                                 |            | 0              | A          | 1           |   | 1.874     |           |           |
| Hydroxyproline.....g                     | 0.146                                 |            | 0              | A          | 1           |   | 0.515     |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**NDB No. 05625**  
**Emu, flat fillet, raw**

**Common Measures:**  
Measure 1 = 354g: 1 flat fillet

**Calories Factors:** Protein 4.27      Fat 9.02      Carbohydrate 3.87      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 05627**  
**Emu, full rump, cooked, broiled**  
*Dromaius novaehollandiae*

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| Water.....g                           | 61.97                                 | 0.800      | 20                    | A          | 1           |   | 307.37    | 52.67     |           |
| Energy.....kcal                       | 168                                   |            | 0                     | NC         | 4           |   | 833       | 143       |           |
| Energy.....kj                         | 703                                   |            | 0                     | NC         | 4           |   | 3485      | 597       |           |
| Protein (N x 6.25).....g              | 33.67                                 | 0.340      | 20                    | A          | 1           |   | 167.00    | 28.62     |           |
| Total lipid (fat).....g               | 2.68                                  | 0.160      | 20                    | A          | 1           |   | 13.29     | 2.28      |           |
| Ash.....g                             | 1.35                                  | 0.060      | 20                    | A          | 1           |   | 6.70      | 1.15      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 7                                     | 0.410      | 20                    | A          | 1           |   | 35        | 6         |           |
| Iron, Fe.....mg                       | 6.89                                  | 0.230      | 20                    | A          | 1           |   | 34.17     | 5.86      |           |
| Magnesium, Mg.....mg                  | 34                                    |            | 0                     | BFNN       | 4           |   | 171       | 29        |           |
| Phosphorus, P.....mg                  | 323                                   |            | 0                     | BFNN       | 4           |   | 1600      | 274       |           |
| Potassium, K.....mg                   | 324                                   | 16.070     | 20                    | A          | 1           |   | 1607      | 275       |           |
| Sodium, Na.....mg                     | 110                                   | 4.140      | 20                    | A          | 1           |   | 546       | 94        |           |
| Zinc, Zn.....mg                       | 4.32                                  | 0.160      | 20                    | A          | 1           |   | 21.43     | 3.67      |           |
| Copper, Cu.....mg                     | 0.285                                 |            | 0                     | BFNN       | 4           |   | 1.415     | 0.242     |           |
| Manganese, Mn.....mg                  | 0.036                                 |            | 0                     | BFNN       | 4           |   | 0.176     | 0.030     |           |
| Selenium, Se.....mcg                  | 52.1                                  |            | 0                     | BFNN       | 4           |   | 258.4     | 44.3      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 5                     | A          | 1           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.430                                 |            | 5                     | A          | 1           |   | 2.133     | 0.366     |           |
| Riboflavin.....mg                     | 0.645                                 |            | 0                     | BFPN       | 4           |   | 3.201     | 0.549     |           |
| Niacin.....mg                         | 10.569                                |            | 0                     | BFPN       | 4           |   | 52.421    | 8.983     |           |
| Pantothenic acid.....mg               | 3.647                                 |            | 0                     | BFPN       | 4           |   | 18.090    | 3.100     |           |
| Vitamin B-6.....mg                    | 0.987                                 |            | 0                     | BFPN       | 4           |   | 4.895     | 0.839     |           |
| Folate, total.....mcg                 | 10                                    |            | 0                     | BFPN       | 4           |   | 51        | 9         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 10                                    |            | 0                     | BFPN       | 4           |   | 51        | 9         |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0                     | NC         | 4           |   | 51        | 9         |           |
| Vitamin B-12.....mcg                  | 2.20                                  |            | 5                     | A          | 1           |   | 10.91     | 1.87      |           |
| Vitamin A, IU.....IU                  | 11                                    |            | 0                     | AS         | 1           |   | 53        | 9         |           |
| Vitamin A, RAE.....mcg_RAE            | 3                                     |            | 0                     | AS         | 1           |   | 16        | 3         |           |
| Retinol.....mcg                       | 3                                     |            | 5                     | A          | 1           |   | 16        | 3         |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.26                                  |            | 0                     | BFSN       | 4           |   | 1.31      | 0.22      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 0.870                                 |            | 0                     | NC         | 4           |   | 4.313     | 0.739     |           |
| 4:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 10:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 12:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.015                                 |            | 5                     | A          | 1           |   | 0.076     | 0.013     |           |
| 15:0.....g                            | 0.003                                 |            | 5                     | A          | 1           |   | 0.013     | 0.002     |           |
| 16:0.....g                            | 0.595                                 |            | 5                     | A          | 1           |   | 2.951     | 0.506     |           |
| 17:0.....g                            | 0.013                                 |            | 5                     | A          | 1           |   | 0.063     | 0.011     |           |
| 18:0.....g                            | 0.218                                 |            | 5                     | A          | 1           |   | 1.082     | 0.185     |           |
| 20:0.....g                            | 0.008                                 |            | 5                     | A          | 1           |   | 0.038     | 0.007     |           |
| 22:0.....g                            | 0.005                                 |            | 5                     | A          | 1           |   | 0.026     | 0.004     |           |
| 24:0.....g                            | 0.013                                 |            | 5                     | A          | 1           |   | 0.064     | 0.011     |           |

**NDB No. 05627**  
**Emu, full rump, cooked, broiled**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.079                                 |            | 0              | NC    | 4      |   | 5.353     | 0.917     |           |
| 14:1.....g                               | 0.005                                 |            | 5              | A     | 1      |   | 0.025     | 0.004     |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.117                                 |            | 5              | A     | 1      |   | 0.582     | 0.100     |           |
| 17:1.....g                               | 0.005                                 |            | 5              | A     | 1      |   | 0.025     | 0.004     |           |
| 18:1 undifferentiated.....g              | 0.928                                 |            | 5              | A     | 1      |   | 4.605     | 0.789     |           |
| 20:1.....g                               | 0.023                                 |            | 5              | A     | 1      |   | 0.115     | 0.020     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 5              | A     | 1      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.613                                 |            | 0              | NC    | 4      |   | 3.041     | 0.521     |           |
| 18:2 undifferentiated.....g              | 0.503                                 |            | 5              | A     | 1      |   | 2.493     | 0.427     |           |
| 18:3 undifferentiated.....g              | 0.044                                 |            | 5              | A     | 1      |   | 0.216     | 0.037     |           |
| 18:4.....g                               |                                       |            |                |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.003                                 |            | 5              | A     | 1      |   | 0.013     | 0.002     |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.039                                 |            | 5              | A     | 1      |   | 0.191     | 0.033     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 5              | A     | 1      |   | 0.051     | 0.009     |           |
| 22:5 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 22:6 n-3.....g                           | 0.015                                 |            | 5              | A     | 1      |   | 0.077     | 0.013     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |   |           |           |           |
| Cholesterol.....mg                       | 129                                   | 8.590      | 20             | A     | 1      |   | 640       | 110       |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.222                                 |            | 0              | A     | 1      |   | 1.104     | 0.189     |           |
| Threonine.....g                          | 0.965                                 |            | 0              | A     | 1      |   | 4.788     | 0.820     |           |
| Isoleucine.....g                         | 1.094                                 |            | 0              | A     | 1      |   | 5.427     | 0.930     |           |
| Leucine.....g                            | 1.859                                 |            | 0              | A     | 1      |   | 9.220     | 1.580     |           |
| Lysine.....g                             | 1.981                                 |            | 0              | A     | 1      |   | 9.828     | 1.684     |           |
| Methionine.....g                         | 0.638                                 |            | 0              | A     | 1      |   | 3.167     | 0.543     |           |
| Cystine.....g                            | 0.243                                 |            | 0              | A     | 1      |   | 1.206     | 0.207     |           |
| Phenylalanine.....g                      | 0.961                                 |            | 0              | A     | 1      |   | 4.765     | 0.817     |           |
| Tyrosine.....g                           | 0.718                                 |            | 0              | A     | 1      |   | 3.563     | 0.611     |           |
| Valine.....g                             | 1.121                                 |            | 0              | A     | 1      |   | 5.561     | 0.953     |           |
| Arginine.....g                           | 1.516                                 |            | 0              | A     | 1      |   | 7.517     | 1.288     |           |
| Histidine.....g                          | 0.737                                 |            | 0              | A     | 1      |   | 3.657     | 0.627     |           |
| Alanine.....g                            | 1.309                                 |            | 0              | A     | 1      |   | 6.493     | 1.113     |           |
| Aspartic acid.....g                      | 2.930                                 |            | 0              | A     | 1      |   | 14.531    | 2.490     |           |
| Glutamic acid.....g                      | 3.287                                 |            | 0              | A     | 1      |   | 16.305    | 2.794     |           |
| Glycine.....g                            | 1.060                                 |            | 0              | A     | 1      |   | 5.257     | 0.901     |           |
| Proline.....g                            | 1.364                                 |            | 0              | A     | 1      |   | 6.768     | 1.160     |           |
| Serine.....g                             | 0.801                                 |            | 0              | A     | 1      |   | 3.973     | 0.681     |           |
| Hydroxyproline.....g                     | 0.220                                 |            | 0              | A     | 1      |   | 1.092     | 0.187     |           |
| <b><u>Others:</u></b>                    |                                       |            |                |       |        |   |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 496g: 1 full rump cooked ( yield from 695 g raw meat )

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

NDB No. 05627  
Emu, full rump, cooked, broiled

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05626**  
**Emu, full rump, raw**  
*Dromaius novaehollandiae*

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| Water.....g                           | 73.79                                 | 0.285      | 26                    | A          | 1           |   | 512.81    |           |           |
| Energy.....kcal                       | 112                                   |            | 0                     | NC         | 4           |   | 780       |           |           |
| Energy.....kj                         | 469                                   |            | 0                     | NC         | 4           |   | 3263      |           |           |
| Protein (N x 6.25).....g              | 22.83                                 | 0.525      | 26                    | A          | 1           |   | 158.63    |           |           |
| Total lipid (fat).....g               | 1.64                                  | 0.395      | 26                    | A          | 1           |   | 11.36     |           |           |
| Ash.....g                             | 1.14                                  | 0.015      | 26                    | A          | 1           |   | 7.89      |           |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      |           |           |
| Starch.....g                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 4                                     | 1.265      | 26                    | A          | 1           |   | 30        |           |           |
| Iron, Fe.....mg                       | 4.96                                  | 0.455      | 26                    | A          | 1           |   | 34.44     |           |           |
| Magnesium, Mg.....mg                  | 40                                    |            | 6                     | A          | 1           |   | 278       |           |           |
| Phosphorus, P.....mg                  | 236                                   |            | 0                     | BFNN       | 4           |   | 1642      |           |           |
| Potassium, K.....mg                   | 330                                   | 10.000     | 26                    | A          | 1           |   | 2294      |           |           |
| Sodium, Na.....mg                     | 90                                    | 0.350      | 26                    | A          | 1           |   | 623       |           |           |
| Zinc, Zn.....mg                       | 3.59                                  | 0.415      | 26                    | A          | 1           |   | 24.92     |           |           |
| Copper, Cu.....mg                     | 0.211                                 |            | 0                     | BFNN       | 4           |   | 1.469     |           |           |
| Manganese, Mn.....mg                  | 0.029                                 |            | 0                     | BFNN       | 4           |   | 0.201     |           |           |
| Selenium, Se.....mcg                  | 32.5                                  |            | 0                     | BFNN       | 4           |   | 225.6     |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 14                    | A          | 1           |   | 0.0       |           |           |
| Thiamin.....mg                        | 0.360                                 |            | 14                    | A          | 1           |   | 2.502     |           |           |
| Riboflavin.....mg                     | 0.458                                 |            | 0                     | BFPN       | 4           |   | 3.182     |           |           |
| Niacin.....mg                         | 7.504                                 |            | 0                     | BFPN       | 4           |   | 52.154    |           |           |
| Pantothenic acid.....mg               | 2.747                                 |            | 0                     | BFPN       | 4           |   | 19.092    |           |           |
| Vitamin B-6.....mg                    | 0.643                                 |            | 0                     | BFPN       | 4           |   | 4.471     |           |           |
| Folate, total.....mcg                 | 13                                    |            | 0                     | BFPN       | 4           |   | 89        |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         |           |           |
| Folate, food.....mcg                  | 13                                    |            | 0                     | BFPN       | 4           |   | 89        |           |           |
| Folate, DFE.....mcg_DFE               | 13                                    |            | 0                     | NC         | 4           |   | 89        |           |           |
| Vitamin B-12.....mcg                  | 2.24                                  |            | 14                    | A          | 1           |   | 15.57     |           |           |
| Vitamin A, IU.....IU                  | 15                                    |            | 14                    | A          | 1           |   | 103       |           |           |
| Vitamin A, RAE.....mcg_RAE            | 4                                     |            | 0                     | AS         | 1           |   | 31        |           |           |
| Retinol.....mcg                       | 4                                     |            | 14                    | A          | 1           |   | 31        |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.23                                  |            | 0                     | BFSN       | 4           |   | 1.60      |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 0.672                                 |            | 0                     | NC         | 4           |   | 4.670     |           |           |
| 4:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 10:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 12:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.012                                 |            | 14                    | A          | 1           |   | 0.080     |           |           |
| 15:0.....g                            | 0.004                                 |            | 14                    | A          | 1           |   | 0.027     |           |           |
| 16:0.....g                            | 0.484                                 |            | 14                    | A          | 1           |   | 3.361     |           |           |
| 17:0.....g                            | 0.008                                 |            | 14                    | A          | 1           |   | 0.054     |           |           |
| 18:0.....g                            | 0.155                                 |            | 14                    | A          | 1           |   | 1.080     |           |           |
| 20:0.....g                            | 0.004                                 |            | 14                    | A          | 1           |   | 0.027     |           |           |
| 22:0.....g                            | 0.002                                 |            | 14                    | A          | 1           |   | 0.014     |           |           |
| 24:0.....g                            | 0.004                                 |            | 14                    | A          | 1           |   | 0.027     |           |           |

**NDB No. 05626**  
**Emu, full rump, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.773                                 |            | 0              | NC         | 4           |   | 5.372     |           |           |
| 14:1.....g                               | 0.004                                 |            | 14             | A          | 1           |   | 0.027     |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.043                                 |            | 14             | A          | 1           |   | 0.296     |           |           |
| 17:1.....g                               | 0.004                                 |            | 14             | A          | 1           |   | 0.027     |           |           |
| 18:1 undifferentiated.....g              | 0.711                                 |            | 14             | A          | 1           |   | 4.942     |           |           |
| 20:1.....g                               | 0.010                                 |            | 14             | A          | 1           |   | 0.068     |           |           |
| 22:1 undifferentiated.....g              | 0.002                                 |            | 14             | A          | 1           |   | 0.014     |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.491                                 |            | 0              | NC         | 4           |   | 3.416     |           |           |
| 18:2 undifferentiated.....g              | 0.416                                 |            | 14             | A          | 1           |   | 2.888     |           |           |
| 18:3 undifferentiated.....g              | 0.039                                 |            | 14             | A          | 1           |   | 0.270     |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.002                                 |            | 14             | A          | 1           |   | 0.014     |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.021                                 |            | 14             | A          | 1           |   | 0.149     |           |           |
| 20:5 n-3.....g                           | 0.006                                 |            | 14             | A          | 1           |   | 0.041     |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           | 0.008                                 |            | 14             | A          | 1           |   | 0.054     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 85                                    |            | 6              | A          | 1           |   | 590       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.151                                 |            | 0              | A          | 1           |   | 1.048     |           |           |
| Threonine.....g                          | 0.654                                 |            | 0              | A          | 1           |   | 4.548     |           |           |
| Isoleucine.....g                         | 0.742                                 |            | 0              | A          | 1           |   | 5.155     |           |           |
| Leucine.....g                            | 1.260                                 |            | 0              | A          | 1           |   | 8.758     |           |           |
| Lysine.....g                             | 1.343                                 |            | 0              | A          | 1           |   | 9.335     |           |           |
| Methionine.....g                         | 0.433                                 |            | 0              | A          | 1           |   | 3.008     |           |           |
| Cystine.....g                            | 0.165                                 |            | 0              | A          | 1           |   | 1.146     |           |           |
| Phenylalanine.....g                      | 0.651                                 |            | 0              | A          | 1           |   | 4.526     |           |           |
| Tyrosine.....g                           | 0.487                                 |            | 0              | A          | 1           |   | 3.385     |           |           |
| Valine.....g                             | 0.760                                 |            | 0              | A          | 1           |   | 5.282     |           |           |
| Arginine.....g                           | 1.027                                 |            | 0              | A          | 1           |   | 7.140     |           |           |
| Histidine.....g                          | 0.500                                 |            | 0              | A          | 1           |   | 3.474     |           |           |
| Alanine.....g                            | 0.887                                 |            | 0              | A          | 1           |   | 6.167     |           |           |
| Aspartic acid.....g                      | 1.986                                 |            | 0              | A          | 1           |   | 13.802    |           |           |
| Glutamic acid.....g                      | 2.228                                 |            | 0              | A          | 1           |   | 15.488    |           |           |
| Glycine.....g                            | 0.719                                 |            | 0              | A          | 1           |   | 4.994     |           |           |
| Proline.....g                            | 0.925                                 |            | 0              | A          | 1           |   | 6.429     |           |           |
| Serine.....g                             | 0.543                                 |            | 0              | A          | 1           |   | 3.774     |           |           |
| Hydroxyproline.....g                     | 0.149                                 |            | 0              | A          | 1           |   | 1.038     |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

Measure 1 = 695g: 1 full rump

NDB No. 05626  
Emu, full rump, raw

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 05622

Emu, ground, cooked, pan-broiled

*Dromaius novaehollandiae*

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| 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                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 8                                     | 0.395      | 6                     | A          | 1           |   | 9         | 7         |           |
| Iron, Fe.....mg                       | 5.01                                  | 0.152      | 6                     | A          | 1           |   | 5.46      | 4.26      |           |
| Magnesium, Mg.....mg                  | 29                                    | 0.254      | 6                     | A          | 1           |   | 31        | 24        |           |
| Phosphorus, P.....mg                  | 269                                   | 2.216      | 6                     | A          | 1           |   | 294       | 229       |           |
| Potassium, K.....mg                   | 375                                   | 4.529      | 6                     | A          | 1           |   | 409       | 319       |           |
| Sodium, Na.....mg                     | 65                                    | 2.842      | 6                     | A          | 1           |   | 71        | 55        |           |
| Zinc, Zn.....mg                       | 4.56                                  | 0.230      | 6                     | A          | 1           |   | 4.97      | 3.88      |           |
| Copper, Cu.....mg                     | 0.238                                 | 0.012      | 6                     | A          | 1           |   | 0.260     | 0.202     |           |
| Manganese, Mn.....mg                  | 0.030                                 | 0.001      | 6                     | A          | 1           |   | 0.032     | 0.025     |           |
| Selenium, Se.....mcg                  | 43.5                                  |            | 2                     | A          | 1           |   | 47.4      | 37.0      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.318                                 | 0.009      | 6                     | A          | 1           |   | 0.347     | 0.271     |           |
| Riboflavin.....mg                     | 0.545                                 | 0.019      | 6                     | A          | 1           |   | 0.594     | 0.463     |           |
| Niacin.....mg                         | 8.925                                 | 0.400      | 6                     | A          | 1           |   | 9.728     | 7.586     |           |
| Pantothenic acid.....mg               | 3.080                                 |            | 1                     | A          | 1           |   | 3.357     | 2.618     |           |
| Vitamin B-6.....mg                    | 0.833                                 | 0.022      | 6                     | A          | 1           |   | 0.908     | 0.708     |           |
| Folate, total.....mcg                 | 9                                     |            | 1                     | A          | 1           |   | 9         | 7         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 9                                     |            | 1                     | A          | 1           |   | 9         | 7         |           |
| Folate, DFE.....mcg_DFE               | 9                                     |            | 0                     | NC         | 4           |   | 9         | 7         |           |
| Vitamin B-12.....mcg                  | 8.52                                  | 0.358      | 6                     | A          | 1           |   | 9.29      | 7.24      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 1                     | A          | 1           |   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                     | AS         | 1           |   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 1                     | A          | 1           |   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.24                                  |            | 1                     | A          | 1           |   | 0.26      | 0.20      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 3.6                                   |            | 0                     | BFSN       | 4           |   | 3.9       | 3.1       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.242                                 |            | 0                     | NC         | 4           |   | 1.353     | 1.055     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.015                                 | 0.007      | 3                     | A          | 1           |   | 0.017     | 0.013     |           |
| 15:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 16:0.....g                            | 0.797                                 | 0.348      | 3                     | A          | 1           |   | 0.868     | 0.677     |           |
| 17:0.....g                            | 0.006                                 | 0.002      | 3                     | A          | 1           |   | 0.007     | 0.005     |           |
| 18:0.....g                            | 0.421                                 | 0.124      | 3                     | A          | 1           |   | 0.459     | 0.358     |           |
| 20:0.....g                            | 0.002                                 | 0.002      | 3                     | A          | 1           |   | 0.002     | 0.001     |           |
| 22:0.....g                            | 0.001                                 | 0.001      | 3                     | A          | 1           |   | 0.001     | 0.001     |           |
| 24:0.....g                            |                                       |            |                       |            |             |   |           |           |           |

NDB No. 05622

Emu, ground, cooked, pan-broiled

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.953                                 |            | 0              | NC         | 4           |   | 2.129     | 1.660     |           |
| 14:1.....g                               | 0.000                                 | 0.000      | 3              | A          | 1           |   | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 3              | A          | 1           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.159                                 | 0.079      | 3              | A          | 1           |   | 0.173     | 0.135     |           |
| 17:1.....g                               | 0.001                                 | 0.001      | 3              | A          | 1           |   | 0.001     | 0.001     |           |
| 18:1 undifferentiated.....g              | 1.779                                 | 0.682      | 3              | A          | 1           |   | 1.939     | 1.512     |           |
| 20:1.....g                               | 0.014                                 | 0.003      | 3              | A          | 1           |   | 0.016     | 0.012     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.677                                 |            | 0              | NC         | 4           |   | 0.738     | 0.576     |           |
| 18:2 undifferentiated.....g              | 0.507                                 | 0.070      | 3              | A          | 1           |   | 0.553     | 0.431     |           |
| 18:3 undifferentiated.....g              | 0.026                                 | 0.011      | 3              | A          | 1           |   | 0.028     | 0.022     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 | 0.000      | 3              | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3i.....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-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.153                                 |            | 0              | BFFN       | 4           |   | 0.167     | 0.130     |           |
| Cholesterol.....mg                       | 87                                    | 1.103      | 6              | A          | 1           |   | 95        | 74        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.188                                 |            | 0              | A          | 1           |   | 0.205     | 0.160     |           |
| Threonine.....g                          | 0.815                                 |            | 0              | A          | 1           |   | 0.889     | 0.693     |           |
| Isoleucine.....g                         | 0.924                                 |            | 0              | A          | 1           |   | 1.007     | 0.785     |           |
| Leucine.....g                            | 1.570                                 |            | 0              | A          | 1           |   | 1.711     | 1.334     |           |
| Lysine.....g                             | 1.673                                 |            | 0              | A          | 1           |   | 1.824     | 1.422     |           |
| Methionine.....g                         | 0.539                                 |            | 0              | A          | 1           |   | 0.588     | 0.458     |           |
| Cystine.....g                            | 0.205                                 |            | 0              | A          | 1           |   | 0.224     | 0.175     |           |
| Phenylalanine.....g                      | 0.811                                 |            | 0              | A          | 1           |   | 0.884     | 0.690     |           |
| Tyrosine.....g                           | 0.607                                 |            | 0              | A          | 1           |   | 0.661     | 0.516     |           |
| Valine.....g                             | 0.947                                 |            | 0              | A          | 1           |   | 1.032     | 0.805     |           |
| Arginine.....g                           | 1.280                                 |            | 0              | A          | 1           |   | 1.395     | 1.088     |           |
| Histidine.....g                          | 0.623                                 |            | 0              | A          | 1           |   | 0.679     | 0.529     |           |
| Alanine.....g                            | 1.105                                 |            | 0              | A          | 1           |   | 1.205     | 0.940     |           |
| Aspartic acid.....g                      | 2.474                                 |            | 0              | A          | 1           |   | 2.697     | 2.103     |           |
| Glutamic acid.....g                      | 2.776                                 |            | 0              | A          | 1           |   | 3.026     | 2.360     |           |
| Glycine.....g                            | 0.895                                 |            | 0              | A          | 1           |   | 0.976     | 0.761     |           |
| Proline.....g                            | 1.152                                 |            | 0              | A          | 1           |   | 1.256     | 0.979     |           |
| Serine.....g                             | 0.676                                 |            | 0              | A          | 1           |   | 0.737     | 0.575     |           |
| Hydroxyproline.....g                     | 0.186                                 |            | 0              | A          | 1           |   | 0.203     | 0.158     |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**NDB No. 05622**

**Emu, ground, cooked, pan-broiled**

**Common Measures:**

Measure 1 = 109g: 1 patty (yield from 135.8 g raw meat)

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.607                                 |            | 0              | NC         | 4           |   | 1.881     |           |           |
| 14:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 15:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 0.131                                 |            | 0              | BFFN       | 4           |   | 0.153     |           |           |
| 17:1.....g                               | 0.001                                 |            | 0              | BFFN       | 4           |   | 0.001     |           |           |
| 18:1 undifferentiated.....g              | 1.464                                 |            | 0              | BFFN       | 4           |   | 1.713     |           |           |
| 20:1.....g                               | 0.012                                 |            | 0              | BFFN       | 4           |   | 0.014     |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.557                                 |            | 0              | NC         | 4           |   | 0.652     |           |           |
| 18:2 undifferentiated.....g              | 0.417                                 |            | 0              | BFFN       | 4           |   | 0.488     |           |           |
| 18:3 undifferentiated.....g              | 0.022                                 |            | 0              | BFFN       | 4           |   | 0.025     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 18:3i.....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-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 69                                    |            | 0              | BFYN       | 4           |   | 81        |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.150                                 |            | 0              | A          | 1           |   | 0.176     |           |           |
| Threonine.....g                          | 0.653                                 |            | 0              | A          | 1           |   | 0.764     |           |           |
| Isoleucine.....g                         | 0.740                                 |            | 0              | A          | 1           |   | 0.866     |           |           |
| Leucine.....g                            | 1.257                                 |            | 0              | A          | 1           |   | 1.471     |           |           |
| Lysine.....g                             | 1.340                                 |            | 0              | A          | 1           |   | 1.568     |           |           |
| Methionine.....g                         | 0.432                                 |            | 0              | A          | 1           |   | 0.505     |           |           |
| Cystine.....g                            | 0.164                                 |            | 0              | A          | 1           |   | 0.192     |           |           |
| Phenylalanine.....g                      | 0.650                                 |            | 0              | A          | 1           |   | 0.760     |           |           |
| Tyrosine.....g                           | 0.486                                 |            | 0              | A          | 1           |   | 0.568     |           |           |
| Valine.....g                             | 0.758                                 |            | 0              | A          | 1           |   | 0.887     |           |           |
| Arginine.....g                           | 1.025                                 |            | 0              | A          | 1           |   | 1.199     |           |           |
| Histidine.....g                          | 0.499                                 |            | 0              | A          | 1           |   | 0.583     |           |           |
| Alanine.....g                            | 0.885                                 |            | 0              | A          | 1           |   | 1.036     |           |           |
| Aspartic acid.....g                      | 1.981                                 |            | 0              | A          | 1           |   | 2.318     |           |           |
| Glutamic acid.....g                      | 2.223                                 |            | 0              | A          | 1           |   | 2.601     |           |           |
| Glycine.....g                            | 0.717                                 |            | 0              | A          | 1           |   | 0.838     |           |           |
| Proline.....g                            | 0.923                                 |            | 0              | A          | 1           |   | 1.079     |           |           |
| Serine.....g                             | 0.542                                 |            | 0              | A          | 1           |   | 0.634     |           |           |
| Hydroxyproline.....g                     | 0.149                                 |            | 0              | A          | 1           |   | 0.174     |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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



**NDB No. 05621**  
**Emu, ground, raw**

**Common Measures:**  
Measure 1 = 117g: 1 patty

|                          |                     |                 |                          |  |
|--------------------------|---------------------|-----------------|--------------------------|--|
| <b>Calories Factors:</b> | <b>Protein</b> 4.27 | <b>Fat</b> 9.02 | <b>Carbohydrate</b> 3.87 | <b>Food Group:</b> 05 Poultry Products |
|--------------------------|---------------------|-----------------|--------------------------|--|

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 05628  
Emu, inside drum, raw  
*Dromaius novaehollandiae*

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 74.73                                 | 0.045      | 25             | A          | 1           |   | 427.43    |           |           |
| Energy.....kcal                       | 108                                   |            | 0              | NC         | 4           |   | 619       |           |           |
| Energy.....kj                         | 453                                   |            | 0              | NC         | 4           |   | 2591      |           |           |
| Protein (N x 6.25).....g              | 22.22                                 | 0.045      | 25             | A          | 1           |   | 127.07    |           |           |
| Total lipid (fat).....g               | 1.49                                  | 0.345      | 25             | A          | 1           |   | 8.49      |           |           |
| Ash.....g                             | 1.15                                  | 0.095      | 25             | A          | 1           |   | 6.55      |           |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      |           |           |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 4                                     | 1.095      | 25             | A          | 1           |   | 23        |           |           |
| Iron, Fe.....mg                       | 5.23                                  | 0.225      | 25             | A          | 1           |   | 29.89     |           |           |
| Magnesium, Mg.....mg                  | 26                                    |            | 6              | A          | 1           |   | 149       |           |           |
| Phosphorus, P.....mg                  | 229                                   |            | 0              | BFNN       | 4           |   | 1308      |           |           |
| Potassium, K.....mg                   | 318                                   | 2.500      | 25             | A          | 1           |   | 1816      |           |           |
| Sodium, Na.....mg                     | 102                                   | 8.000      | 25             | A          | 1           |   | 583       |           |           |
| Zinc, Zn.....mg                       | 4.33                                  | 0.675      | 25             | A          | 1           |   | 24.74     |           |           |
| Copper, Cu.....mg                     | 0.205                                 |            | 0              | BFNN       | 4           |   | 1.170     |           |           |
| Manganese, Mn.....mg                  | 0.028                                 |            | 0              | BFNN       | 4           |   | 0.160     |           |           |
| Selenium, Se.....mcg                  | 31.4                                  |            | 0              | BFNN       | 4           |   | 179.7     |           |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 14             | A          | 1           |   | 0.0       |           |           |
| Thiamin.....mg                        | 0.420                                 |            | 14             | A          | 1           |   | 2.402     |           |           |
| Riboflavin.....mg                     | 0.446                                 |            | 0              | BFPN       | 4           |   | 2.549     |           |           |
| Niacin.....mg                         | 7.304                                 |            | 0              | BFPN       | 4           |   | 41.777    |           |           |
| Pantothenic acid.....mg               | 2.674                                 |            | 0              | BFPN       | 4           |   | 15.293    |           |           |
| Vitamin B-6.....mg                    | 0.626                                 |            | 0              | BFPN       | 4           |   | 3.581     |           |           |
| Folate, total.....mcg                 | 12                                    |            | 0              | BFPN       | 4           |   | 71        |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Folate, food.....mcg                  | 12                                    |            | 0              | BFPN       | 4           |   | 71        |           |           |
| Folate, DFE.....mcg_DFE               | 12                                    |            | 0              | NC         | 4           |   | 71        |           |           |
| Vitamin B-12.....mcg                  | 2.26                                  |            | 14             | A          | 1           |   | 12.93     |           |           |
| Vitamin A, IU.....IU                  | 17                                    |            | 14             | A          | 1           |   | 97        |           |           |
| Vitamin A, RAE.....mcg_RAE            | 5                                     |            | 0              | AS         | 1           |   | 29        |           |           |
| Retinol.....mcg                       | 5                                     |            | 14             | A          | 1           |   | 29        |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.22                                  |            | 0              | BFSN       | 4           |   | 1.27      |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 0.574                                 |            | 0              | NC         | 4           |   | 3.285     |           |           |
| 4:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 10:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 12:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.009                                 |            | 14             | A          | 1           |   | 0.050     |           |           |
| 15:0.....g                            | 0.003                                 |            | 14             | A          | 1           |   | 0.020     |           |           |
| 16:0.....g                            | 0.413                                 |            | 14             | A          | 1           |   | 2.364     |           |           |
| 17:0.....g                            | 0.003                                 |            | 14             | A          | 1           |   | 0.020     |           |           |
| 18:0.....g                            | 0.142                                 |            | 14             | A          | 1           |   | 0.812     |           |           |
| 20:0.....g                            | 0.000                                 |            | 14             | A          | 1           |   | 0.000     |           |           |
| 22:0.....g                            | 0.000                                 |            | 14             | A          | 1           |   | 0.000     |           |           |
| 24:0.....g                            | 0.004                                 |            | 14             | A          | 1           |   | 0.020     |           |           |

**NDB No. 05628**  
**Emu, inside drum, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                | Amount in edible portion of common |                  |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|------------------------------------|------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code                 | measures of food |           |           |
|  |                                       |            |                             |               |                |                                    | Measure 1        | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.793                                 |            | 0                           | NC            | 4              |                                    | 4.536            |           |           |
| 14:1.....g                               | 0.003                                 |            | 14                          | A             | 1              |                                    | 0.020            |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 16:1 undifferentiated.....g              | 0.084                                 |            | 14                          | A             | 1              |                                    | 0.479            |           |           |
| 17:1.....g                               | 0.002                                 |            | 14                          | A             | 1              |                                    | 0.010            |           |           |
| 18:1 undifferentiated.....g              | 0.697                                 |            | 14                          | A             | 1              |                                    | 3.987            |           |           |
| 20:1.....g                               | 0.007                                 |            | 14                          | A             | 1              |                                    | 0.040            |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 14                          | A             | 1              |                                    | 0.000            |           |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                                    |                  |           |           |
| Fatty acids, total polyunsaturated.....g | 0.382                                 |            | 0                           | NC            | 4              |                                    | 2.184            |           |           |
| 18:2 undifferentiated.....g              | 0.319                                 |            | 14                          | A             | 1              |                                    | 1.823            |           |           |
| 18:3 undifferentiated.....g              | 0.028                                 |            | 14                          | A             | 1              |                                    | 0.160            |           |           |
| 18:4.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 20:2 n-6 c,c.....g                       | 0.002                                 |            | 14                          | A             | 1              |                                    | 0.010            |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                                    |                  |           |           |
| 20:4 undifferentiated.....g              | 0.023                                 |            | 14                          | A             | 1              |                                    | 0.131            |           |           |
| 20:5 n-3.....g                           | 0.004                                 |            | 14                          | A             | 1              |                                    | 0.020            |           |           |
| 22:5 n-3.....g                           |                                       |            |                             |               |                |                                    |                  |           |           |
| 22:6 n-3.....g                           | 0.007                                 |            | 14                          | A             | 1              |                                    | 0.040            |           |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                                    |                  |           |           |
| Cholesterol.....mg                       | 67                                    |            | 6                           | A             | 1              |                                    | 383              |           |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                                    |                  |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                             |               |                |                                    |                  |           |           |
| Tryptophan.....g                         | 0.147                                 |            | 0                           | A             | 1              |                                    | 0.840            |           |           |
| Threonine.....g                          | 0.637                                 |            | 0                           | A             | 1              |                                    | 3.643            |           |           |
| Isoleucine.....g                         | 0.722                                 |            | 0                           | A             | 1              |                                    | 4.130            |           |           |
| Leucine.....g                            | 1.226                                 |            | 0                           | A             | 1              |                                    | 7.016            |           |           |
| Lysine.....g                             | 1.307                                 |            | 0                           | A             | 1              |                                    | 7.478            |           |           |
| Methionine.....g                         | 0.421                                 |            | 0                           | A             | 1              |                                    | 2.409            |           |           |
| Cystine.....g                            | 0.160                                 |            | 0                           | A             | 1              |                                    | 0.918            |           |           |
| Phenylalanine.....g                      | 0.634                                 |            | 0                           | A             | 1              |                                    | 3.626            |           |           |
| Tyrosine.....g                           | 0.474                                 |            | 0                           | A             | 1              |                                    | 2.711            |           |           |
| Valine.....g                             | 0.740                                 |            | 0                           | A             | 1              |                                    | 4.231            |           |           |
| Arginine.....g                           | 1.000                                 |            | 0                           | A             | 1              |                                    | 5.720            |           |           |
| Histidine.....g                          | 0.486                                 |            | 0                           | A             | 1              |                                    | 2.782            |           |           |
| Alanine.....g                            | 0.864                                 |            | 0                           | A             | 1              |                                    | 4.940            |           |           |
| Aspartic acid.....g                      | 1.933                                 |            | 0                           | A             | 1              |                                    | 11.056           |           |           |
| Glutamic acid.....g                      | 2.169                                 |            | 0                           | A             | 1              |                                    | 12.406           |           |           |
| Glycine.....g                            | 0.699                                 |            | 0                           | A             | 1              |                                    | 4.000            |           |           |
| Proline.....g                            | 0.900                                 |            | 0                           | A             | 1              |                                    | 5.150            |           |           |
| Serine.....g                             | 0.528                                 |            | 0                           | A             | 1              |                                    | 3.023            |           |           |
| Hydroxyproline.....g                     | 0.145                                 |            | 0                           | A             | 1              |                                    | 0.831            |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                             |               |                |                                    |                  |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                           | Z             | 7              |                                    | 0.0              |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                           | Z             | 7              |                                    | 0                |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                           | Z             | 7              |                                    | 0                |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                             |               |                |                                    |                  |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            |           |           |

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

**Common Measures:**

Measure 1 = 572g: 1 inside drum

NDB No. 05628  
Emu, inside drum, raw

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 05629

Emu, inside drums, cooked, broiled

*Dromaius novaehollandiae*

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 64.31                                 | 0.940      | 19             | A          | 1           |   | 267.53    | 54.66     |           |
| Energy.....kcal                       | 156                                   |            | 0              | NC         | 4           |   | 651       | 133       |           |
| Energy.....kj                         | 654                                   |            | 0              | NC         | 4           |   | 2722      | 556       |           |
| Protein (N x 6.25).....g              | 32.38                                 | 0.380      | 19             | A          | 1           |   | 134.70    | 27.52     |           |
| Total lipid (fat).....g               | 2.01                                  | 0.450      | 19             | A          | 1           |   | 8.36      | 1.71      |           |
| Ash.....g                             | 1.30                                  | 0.040      | 19             | A          | 1           |   | 5.41      | 1.11      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      |           |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 6                                     | 0.350      | 19             | A          | 1           |   | 24        | 5         |           |
| Iron, Fe.....mg                       | 7.27                                  | 0.280      | 19             | A          | 1           |   | 30.24     | 6.18      |           |
| Magnesium, Mg.....mg                  | 33                                    |            | 0              | BFNN       | 4           |   | 136       | 28        |           |
| Phosphorus, P.....mg                  | 307                                   |            | 0              | BFNN       | 4           |   | 1278      | 261       |           |
| Potassium, K.....mg                   | 312                                   | 15.300     | 19             | A          | 1           |   | 1298      | 265       |           |
| Sodium, Na.....mg                     | 118                                   | 4.890      | 19             | A          | 1           |   | 489       | 100       |           |
| Zinc, Zn.....mg                       | 5.09                                  | 0.210      | 19             | A          | 1           |   | 21.17     | 4.33      |           |
| Copper, Cu.....mg                     | 0.272                                 |            | 0              | BFNN       | 4           |   | 1.131     | 0.231     |           |
| Manganese, Mn.....mg                  | 0.034                                 |            | 0              | BFNN       | 4           |   | 0.141     | 0.029     |           |
| Selenium, Se.....mcg                  | 49.6                                  |            | 0              | BFNN       | 4           |   | 206.5     | 42.2      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 5              | A          | 1           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.410                                 |            | 5              | A          | 1           |   | 1.706     | 0.349     |           |
| Riboflavin.....mg                     | 0.621                                 |            | 0              | BFPN       | 4           |   | 2.582     | 0.528     |           |
| Niacin.....mg                         | 10.164                                |            | 0              | BFPN       | 4           |   | 42.282    | 8.639     |           |
| Pantothenic acid.....mg               | 3.508                                 |            | 0              | BFPN       | 4           |   | 14.591    | 2.981     |           |
| Vitamin B-6.....mg                    | 0.949                                 |            | 0              | BFPN       | 4           |   | 3.948     | 0.807     |           |
| Folate, total.....mcg                 | 10                                    |            | 0              | BFPN       | 4           |   | 41        | 8         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 10                                    |            | 0              | BFPN       | 4           |   | 41        | 8         |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0              | NC         | 4           |   | 41        | 8         |           |
| Vitamin B-12.....mcg                  | 2.40                                  |            | 5              | A          | 1           |   | 9.98      | 2.04      |           |
| Vitamin A, IU.....IU                  | 10                                    |            | 0              | AS         | 1           |   | 40        | 8         |           |
| Vitamin A, RAE.....mcg_RAE            | 3                                     |            | 0              | AS         | 1           |   | 12        | 2         |           |
| Retinol.....mcg                       | 3                                     |            | 5              | A          | 1           |   | 12        | 2         |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.25                                  |            | 0              | BFSN       | 4           |   | 1.03      | 0.21      |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 0.654                                 |            | 0              | NC         | 4           |   | 2.721     | 0.556     |           |
| 4:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 10:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 12:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.008                                 |            | 5              | A          | 1           |   | 0.032     | 0.006     |           |
| 15:0.....g                            | 0.006                                 |            | 5              | A          | 1           |   | 0.024     | 0.005     |           |
| 16:0.....g                            | 0.446                                 |            | 5              | A          | 1           |   | 1.856     | 0.379     |           |
| 17:0.....g                            | 0.010                                 |            | 5              | A          | 1           |   | 0.040     | 0.008     |           |
| 18:0.....g                            | 0.169                                 |            | 5              | A          | 1           |   | 0.704     | 0.144     |           |
| 20:0.....g                            | 0.006                                 |            | 5              | A          | 1           |   | 0.024     | 0.005     |           |
| 22:0.....g                            | 0.004                                 |            | 5              | A          | 1           |   | 0.016     | 0.003     |           |
| 24:0.....g                            | 0.006                                 |            | 5              | A          | 1           |   | 0.024     | 0.005     |           |

NDB No. 05629

Emu, inside drums, cooked, broiled

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code                                  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.859                                 |            | 0                        | NC            | 4              |   | 3.575     | 0.731     |           |
| 14:1.....g                               | 0.004                                 |            | 5                        | A             | 1              |   | 0.016     | 0.003     |           |
| 15:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.090                                 |            | 5                        | A             | 1              |   | 0.374     | 0.076     |           |
| 17:1.....g                               | 0.004                                 |            | 5                        | A             | 1              |   | 0.016     | 0.003     |           |
| 18:1 undifferentiated.....g              | 0.742                                 |            | 5                        | A             | 1              |   | 3.089     | 0.631     |           |
| 20:1.....g                               | 0.019                                 |            | 5                        | A             | 1              |   | 0.080     | 0.016     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 5                        | A             | 1              |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.408                                 |            | 0                        | NC            | 4              |   | 1.697     | 0.347     |           |
| 18:2 undifferentiated.....g              | 0.337                                 |            | 5                        | A             | 1              |   | 1.400     | 0.286     |           |
| 18:3 undifferentiated.....g              | 0.027                                 |            | 5                        | A             | 1              |   | 0.112     | 0.023     |           |
| 18:4.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.002                                 |            | 5                        | A             | 1              |   | 0.008     | 0.002     |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.027                                 |            | 5                        | A             | 1              |   | 0.112     | 0.023     |           |
| 20:5 n-3.....g                           | 0.004                                 |            | 5                        | A             | 1              |   | 0.016     | 0.003     |           |
| 22:5 n-3.....g                           |                                       |            |                          |               |                |   |           |           |           |
| 22:6 n-3.....g                           | 0.012                                 |            | 5                        | A             | 1              |   | 0.048     | 0.010     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |   |           |           |           |
| Cholesterol.....mg                       | 91                                    |            | 0                        | BFSN          | 4              |   | 377       | 77        |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                          |               |                |   |           |           |           |
| Tryptophan.....g                         | 0.214                                 |            | 0                        | A             | 1              |   | 0.890     | 0.182     |           |
| Threonine.....g                          | 0.928                                 |            | 0                        | A             | 1              |   | 3.862     | 0.789     |           |
| Isoleucine.....g                         | 1.052                                 |            | 0                        | A             | 1              |   | 4.378     | 0.894     |           |
| Leucine.....g                            | 1.788                                 |            | 0                        | A             | 1              |   | 7.437     | 1.520     |           |
| Lysine.....g                             | 1.905                                 |            | 0                        | A             | 1              |   | 7.927     | 1.620     |           |
| Methionine.....g                         | 0.614                                 |            | 0                        | A             | 1              |   | 2.554     | 0.522     |           |
| Cystine.....g                            | 0.234                                 |            | 0                        | A             | 1              |   | 0.973     | 0.199     |           |
| Phenylalanine.....g                      | 0.924                                 |            | 0                        | A             | 1              |   | 3.844     | 0.785     |           |
| Tyrosine.....g                           | 0.691                                 |            | 0                        | A             | 1              |   | 2.874     | 0.587     |           |
| Valine.....g                             | 1.078                                 |            | 0                        | A             | 1              |   | 4.485     | 0.916     |           |
| Arginine.....g                           | 1.457                                 |            | 0                        | A             | 1              |   | 6.063     | 1.239     |           |
| Histidine.....g                          | 0.709                                 |            | 0                        | A             | 1              |   | 2.950     | 0.603     |           |
| Alanine.....g                            | 1.259                                 |            | 0                        | A             | 1              |   | 5.237     | 1.070     |           |
| Aspartic acid.....g                      | 2.817                                 |            | 0                        | A             | 1              |   | 11.720    | 2.395     |           |
| Glutamic acid.....g                      | 3.161                                 |            | 0                        | A             | 1              |   | 13.151    | 2.687     |           |
| Glycine.....g                            | 1.019                                 |            | 0                        | A             | 1              |   | 4.240     | 0.866     |           |
| Proline.....g                            | 1.312                                 |            | 0                        | A             | 1              |   | 5.459     | 1.115     |           |
| Serine.....g                             | 0.770                                 |            | 0                        | A             | 1              |   | 3.204     | 0.655     |           |
| Hydroxyproline.....g                     | 0.212                                 |            | 0                        | A             | 1              |   | 0.881     | 0.180     |           |
| <b><u>Others:</u></b>                    |                                       |            |                          |               |                |   |           |           |           |
| 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         |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                          |               |                |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                        | Z             | 7              |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                        | Z             | 7              |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                        | Z             | 7              |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                        | Z             | 7              |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                        | Z             | 7              |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 416g: 1 inside drum cooked ( yield from 572 g raw meat )

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

**NDB No. 05629**  
**Emu, inside drums, cooked, broiled**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 05630**  
**Emu, outside drum, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.202                                 |            | 0              | BFFN       | 4           |   | 0.851     |           |           |
| 14:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 15:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 0.016                                 |            | 0              | BFFN       | 4           |   | 0.066     |           |           |
| 17:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 18:1 undifferentiated.....g              | 0.174                                 |            | 0              | BFFN       | 4           |   | 0.735     |           |           |
| 20:1.....g                               | 0.001                                 |            | 0              | BFFN       | 4           |   | 0.006     |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.070                                 |            | 0              | BFFN       | 4           |   | 0.295     |           |           |
| 18:2 undifferentiated.....g              | 0.050                                 |            | 0              | BFFN       | 4           |   | 0.210     |           |           |
| 18:3 undifferentiated.....g              | 0.003                                 |            | 0              | BFFN       | 4           |   | 0.011     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.001                                 |            | 0              | BFFN       | 4           |   | 0.003     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.013                                 |            | 0              | BFFN       | 4           |   | 0.056     |           |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 78                                    |            | 6              | A          | 1           |   | 327       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.153                                 |            | 0              | A          | 1           |   | 0.644     |           |           |
| Threonine.....g                          | 0.662                                 |            | 0              | A          | 1           |   | 2.792     |           |           |
| Isoleucine.....g                         | 0.750                                 |            | 0              | A          | 1           |   | 3.165     |           |           |
| Leucine.....g                            | 1.274                                 |            | 0              | A          | 1           |   | 5.377     |           |           |
| Lysine.....g                             | 1.358                                 |            | 0              | A          | 1           |   | 5.732     |           |           |
| Methionine.....g                         | 0.438                                 |            | 0              | A          | 1           |   | 1.847     |           |           |
| Cystine.....g                            | 0.167                                 |            | 0              | A          | 1           |   | 0.703     |           |           |
| Phenylalanine.....g                      | 0.659                                 |            | 0              | A          | 1           |   | 2.779     |           |           |
| Tyrosine.....g                           | 0.492                                 |            | 0              | A          | 1           |   | 2.078     |           |           |
| Valine.....g                             | 0.769                                 |            | 0              | A          | 1           |   | 3.243     |           |           |
| Arginine.....g                           | 1.039                                 |            | 0              | A          | 1           |   | 4.384     |           |           |
| Histidine.....g                          | 0.505                                 |            | 0              | A          | 1           |   | 2.133     |           |           |
| Alanine.....g                            | 0.897                                 |            | 0              | A          | 1           |   | 3.787     |           |           |
| Aspartic acid.....g                      | 2.008                                 |            | 0              | A          | 1           |   | 8.474     |           |           |
| Glutamic acid.....g                      | 2.253                                 |            | 0              | A          | 1           |   | 9.509     |           |           |
| Glycine.....g                            | 0.727                                 |            | 0              | A          | 1           |   | 3.066     |           |           |
| Proline.....g                            | 0.935                                 |            | 0              | A          | 1           |   | 3.947     |           |           |
| Serine.....g                             | 0.549                                 |            | 0              | A          | 1           |   | 2.317     |           |           |
| Hydroxyproline.....g                     | 0.151                                 |            | 0              | A          | 1           |   | 0.637     |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**NDB No. 05630**  
**Emu, outside drum, raw**

**Common Measures:**  
Measure 1 = 422g: 1 outside drum

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 72.57                                 |            | 6                     | A          | 1           |                 | 217.71  |           |           |
| Energy.....kcal                       | 141                                   |            | 0                     | NC         | 4           |                 | 424   |           |           |
| Energy.....kj                         | 591                                   |            | 0                     | NC         | 4           |                 | 1773  |           |           |
| Protein (N x 6.25).....g              | 22.81                                 |            | 6                     | A          | 1           |                 | 68.43   |           |           |
| Total lipid (fat).....g               | 4.86                                  |            | 6                     | A          | 1           |                 | 14.58   |           |           |
| Ash.....g                             | 0.95                                  |            | 6                     | A          | 1           |                 | 2.85  |           |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  |           |           |
| Starch.....g                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 4                                     |            | 6                     | A          | 1           |                 | 11  |           |           |
| Iron, Fe.....mg                       | 5.50                                  |            | 6                     | A          | 1           |                 | 16.50   |           |           |
| Magnesium, Mg.....mg                  | 30                                    |            | 6                     | A          | 1           |                 | 90  |           |           |
| Phosphorus, P.....mg                  | 217                                   |            | 0                     | BFNN       | 4           |                 | 651   |           |           |
| Potassium, K.....mg                   | 250                                   |            | 6                     | A          | 1           |                 | 750   |           |           |
| Sodium, Na.....mg                     | 150                                   |            | 6                     | A          | 1           |                 | 450   |           |           |
| Zinc, Zn.....mg                       | 6.00                                  |            | 6                     | A          | 1           |                 | 18.00   |           |           |
| Copper, Cu.....mg                     | 0.194                                 |            | 0                     | BFNN       | 4           |                 | 0.582   |           |           |
| Manganese, Mn.....mg                  | 0.027                                 |            | 0                     | BFNN       | 4           |                 | 0.080   |           |           |
| Selenium, Se.....mcg                  | 29.8                                  |            | 0                     | BFNN       | 4           |                 | 89.4  |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Thiamin.....mg                        | 0.271                                 |            | 0                     | BFPN       | 4           |                 | 0.812   |           |           |
| Riboflavin.....mg                     | 0.458                                 |            | 0                     | BFPN       | 4           |                 | 1.373   |           |           |
| Niacin.....mg                         | 7.499                                 |            | 0                     | BFPN       | 4           |                 | 22.498  |           |           |
| Pantothenic acid.....mg               | 2.745                                 |            | 0                     | BFPN       | 4           |                 | 8.236   |           |           |
| Vitamin B-6.....mg                    | 0.643                                 |            | 0                     | BFPN       | 4           |                 | 1.929   |           |           |
| Folate, total.....mcg                 | 13                                    |            | 0                     | BFPN       | 4           |                 | 38  |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Folate, food.....mcg                  | 13                                    |            | 0                     | BFPN       | 4           |                 | 38  |           |           |
| Folate, DFE.....mcg_DFE               | 13                                    |            | 0                     | NC         | 4           |                 | 38  |           |           |
| Vitamin B-12.....mcg                  | 6.76                                  |            | 0                     | BFPN       | 4           |                 | 20.28   |           |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0                     | BFSN       | 4           |                 | 0   |           |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                     | NC         | 4           |                 | 0   |           |           |
| Retinol.....mcg                       | 0                                     |            | 0                     | BFSN       | 4           |                 | 0   |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.24                                  |            | 0                     | BFSN       | 4           |                 | 0.72  |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 1.231                                 |            | 0                     | NC         | 4           |                 | 3.693   |           |           |
| 4:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 8:0.....g                             | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 12:0.....g                            | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.015                                 |            | 0                     | BFFN       | 4           |                 | 0.045   |           |           |
| 15:0.....g                            | 0.000                                 |            | 0                     | BFFN       | 4           |                 | 0.000   |           |           |
| 16:0.....g                            | 0.790                                 |            | 0                     | BFFN       | 4           |                 | 2.370   |           |           |
| 17:0.....g                            | 0.006                                 |            | 0                     | BFFN       | 4           |                 | 0.018   |           |           |
| 18:0.....g                            | 0.417                                 |            | 0                     | BFFN       | 4           |                 | 1.252   |           |           |
| 20:0.....g                            | 0.002                                 |            | 0                     | BFFN       | 4           |                 | 0.005   |           |           |
| 22:0.....g                            | 0.001                                 |            | 0                     | BFFN       | 4           |                 | 0.004   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |

**NDB No. 05631**  
**Emu, oyster, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.937                                 |            | 0              | NC         | 4           |   | 5.810     |           |           |
| 14:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 15:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 0.157                                 |            | 0              | BFFN       | 4           |   | 0.472     |           |           |
| 17:1.....g                               | 0.001                                 |            | 0              | BFFN       | 4           |   | 0.003     |           |           |
| 18:1 undifferentiated.....g              | 1.764                                 |            | 0              | BFFN       | 4           |   | 5.292     |           |           |
| 20:1.....g                               | 0.014                                 |            | 0              | BFFN       | 4           |   | 0.043     |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.671                                 |            | 0              | NC         | 4           |   | 2.014     |           |           |
| 18:2 undifferentiated.....g              | 0.503                                 |            | 0              | BFFN       | 4           |   | 1.508     |           |           |
| 18:3 undifferentiated.....g              | 0.026                                 |            | 0              | BFFN       | 4           |   | 0.078     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.008                                 |            | 0              | BFFN       | 4           |   | 0.024     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.135                                 |            | 0              | BFFN       | 4           |   | 0.405     |           |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 81                                    |            | 6              | A          | 1           |   | 242       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <u>Amino Acids:</u>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.151                                 |            | 0              | A          | 1           |   | 0.452     |           |           |
| Threonine.....g                          | 0.654                                 |            | 0              | A          | 1           |   | 1.962     |           |           |
| Isoleucine.....g                         | 0.741                                 |            | 0              | A          | 1           |   | 2.224     |           |           |
| Leucine.....g                            | 1.259                                 |            | 0              | A          | 1           |   | 3.778     |           |           |
| Lysine.....g                             | 1.342                                 |            | 0              | A          | 1           |   | 4.027     |           |           |
| Methionine.....g                         | 0.433                                 |            | 0              | A          | 1           |   | 1.298     |           |           |
| Cystine.....g                            | 0.165                                 |            | 0              | A          | 1           |   | 0.494     |           |           |
| Phenylalanine.....g                      | 0.651                                 |            | 0              | A          | 1           |   | 1.953     |           |           |
| Tyrosine.....g                           | 0.487                                 |            | 0              | A          | 1           |   | 1.460     |           |           |
| Valine.....g                             | 0.760                                 |            | 0              | A          | 1           |   | 2.279     |           |           |
| Arginine.....g                           | 1.027                                 |            | 0              | A          | 1           |   | 3.080     |           |           |
| Histidine.....g                          | 0.499                                 |            | 0              | A          | 1           |   | 1.498     |           |           |
| Alanine.....g                            | 0.887                                 |            | 0              | A          | 1           |   | 2.660     |           |           |
| Aspartic acid.....g                      | 1.985                                 |            | 0              | A          | 1           |   | 5.954     |           |           |
| Glutamic acid.....g                      | 2.227                                 |            | 0              | A          | 1           |   | 6.681     |           |           |
| Glycine.....g                            | 0.718                                 |            | 0              | A          | 1           |   | 2.154     |           |           |
| Proline.....g                            | 0.924                                 |            | 0              | A          | 1           |   | 2.773     |           |           |
| Serine.....g                             | 0.543                                 |            | 0              | A          | 1           |   | 1.628     |           |           |
| Hydroxyproline.....g                     | 0.149                                 |            | 0              | A          | 1           |   | 0.448     |           |           |
| <u>Others:</u>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <u>Carotenoids:</u>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**NDB No. 05631**  
**Emu, oyster, raw**

**Common Measures:**  
Measure 1 = 300g: 1 steak

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05632**  
**Emu, top loin, cooked, broiled**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.249                                 |            | 0              | NC         | 4           |   | 3.047     | 1.061     |           |
| 14:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.101                                 |            | 0              | BFFN       | 4           |   | 0.248     | 0.086     |           |
| 17:1.....g                               | 0.001                                 |            | 0              | BFFN       | 4           |   | 0.001     | 0.001     |           |
| 18:1 undifferentiated.....g              | 1.137                                 |            | 0              | BFFN       | 4           |   | 2.775     | 0.967     |           |
| 20:1.....g                               | 0.009                                 |            | 0              | BFFN       | 4           |   | 0.022     | 0.008     |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.433                                 |            | 0              | NC         | 4           |   | 1.056     | 0.368     |           |
| 18:2 undifferentiated.....g              | 0.324                                 |            | 0              | BFFN       | 4           |   | 0.791     | 0.276     |           |
| 18:3 undifferentiated.....g              | 0.017                                 |            | 0              | BFFN       | 4           |   | 0.041     | 0.014     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.005                                 |            | 0              | BFFN       | 4           |   | 0.012     | 0.004     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0              | BFFN       | 4           |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.087                                 |            | 0              | BFFN       | 4           |   | 0.212     | 0.074     |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 88                                    | 4.011      | 3              | A          | 1           |   | 214       | 75        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.192                                 |            | 0              | A          | 1           |   | 0.469     | 0.163     |           |
| Threonine.....g                          | 0.833                                 |            | 0              | A          | 1           |   | 2.033     | 0.708     |           |
| Isoleucine.....g                         | 0.945                                 |            | 0              | A          | 1           |   | 2.305     | 0.803     |           |
| Leucine.....g                            | 1.605                                 |            | 0              | A          | 1           |   | 3.916     | 1.364     |           |
| Lysine.....g                             | 1.711                                 |            | 0              | A          | 1           |   | 4.174     | 1.454     |           |
| Methionine.....g                         | 0.551                                 |            | 0              | A          | 1           |   | 1.345     | 0.468     |           |
| Cystine.....g                            | 0.210                                 |            | 0              | A          | 1           |   | 0.512     | 0.178     |           |
| Phenylalanine.....g                      | 0.829                                 |            | 0              | A          | 1           |   | 2.024     | 0.705     |           |
| Tyrosine.....g                           | 0.620                                 |            | 0              | A          | 1           |   | 1.513     | 0.527     |           |
| Valine.....g                             | 0.968                                 |            | 0              | A          | 1           |   | 2.362     | 0.823     |           |
| Arginine.....g                           | 1.308                                 |            | 0              | A          | 1           |   | 3.192     | 1.112     |           |
| Histidine.....g                          | 0.636                                 |            | 0              | A          | 1           |   | 1.553     | 0.541     |           |
| Alanine.....g                            | 1.130                                 |            | 0              | A          | 1           |   | 2.757     | 0.961     |           |
| Aspartic acid.....g                      | 2.529                                 |            | 0              | A          | 1           |   | 6.171     | 2.150     |           |
| Glutamic acid.....g                      | 2.838                                 |            | 0              | A          | 1           |   | 6.924     | 2.412     |           |
| Glycine.....g                            | 0.915                                 |            | 0              | A          | 1           |   | 2.233     | 0.778     |           |
| Proline.....g                            | 1.178                                 |            | 0              | A          | 1           |   | 2.874     | 1.001     |           |
| Serine.....g                             | 0.691                                 |            | 0              | A          | 1           |   | 1.687     | 0.588     |           |
| Hydroxyproline.....g                     | 0.190                                 |            | 0              | A          | 1           |   | 0.464     | 0.162     |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**NDB No. 05632**

**Emu, top loin, cooked, broiled**

**Common Measures:**

Measure 1 = 244g: 1 steak

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Goose, domesticated, meat and skin, cooked, roasted**

**Refuse: 28% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |                 |   |           |           |
| Water.....g                           | 51.95                                 |            | 0              |            | 1           |                 | 72.73   | 97.67     | 402.09    |
| Energy.....kcal                       | 305                                   |            | 0              | NC         | 4           |                 | 427   | 573       | 2361      |
| Energy.....kj                         | 1276                                  |            |                |            | 4           |                 | 1787  | 2399      | 9877      |
| Protein (N x 6.25).....g              | 25.16                                 |            | 0              |            | 1           |                 | 35.22   | 47.30     | 194.74    |
| Total lipid (fat).....g               | 21.92                                 |            | 0              |            | 1           |                 | 30.69   | 41.21     | 169.66    |
| Ash.....g                             | 0.97                                  |            | 0              |            | 1           |                 | 1.36  | 1.82      | 7.51      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |                 | 0.00  | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |                 | 0.0   | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |                 | 0.00  | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 13                                    |            | 0              |            | 1           |                 | 18  | 24        | 101       |
| Iron, Fe.....mg                       | 2.83                                  |            | 0              |            | 1           |                 | 3.96  | 5.32      | 21.90     |
| Magnesium, Mg.....mg                  | 22                                    |            | 0              |            | 1           |                 | 31  | 41        | 170       |
| Phosphorus, P.....mg                  | 270                                   |            | 0              |            | 1           |                 | 378   | 508       | 2090      |
| Potassium, K.....mg                   | 329                                   |            | 0              |            | 1           |                 | 461   | 619       | 2546      |
| Sodium, Na.....mg                     | 70                                    |            | 0              |            | 1           |                 | 98  | 132       | 542       |
| Zinc, Zn.....mg                       | 2.62                                  |            | 0              |            | 4           |                 | 3.67  | 4.93      | 20.28     |
| Copper, Cu.....mg                     | 0.264                                 |            | 0              |            | 1           |                 | 0.370   | 0.496     | 2.043     |
| Manganese, Mn.....mg                  | 0.023                                 |            | 0              |            | 4           |                 | 0.032   | 0.043     | 0.178     |
| Selenium, Se.....mcg                  | 21.8                                  |            | 0              | BFSN       | 4           |                 | 30.5  | 41.0      | 168.7     |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7           |                 | 0.0   | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.077                                 |            | 0              |            | 1           |                 | 0.108   | 0.145     | 0.596     |
| Riboflavin.....mg                     | 0.323                                 |            | 0              |            | 1           |                 | 0.452   | 0.607     | 2.500     |
| Niacin.....mg                         | 4.168                                 |            | 0              |            | 1           |                 | 5.835   | 7.836     | 32.260    |
| Pantothenic acid.....mg               | 1.530                                 |            | 0              |            | 4           |                 | 2.142   | 2.876     | 11.842    |
| Vitamin B-6.....mg                    | 0.370                                 |            | 0              |            | 1           |                 | 0.518   | 0.696     | 2.864     |
| Folate, total.....mcg                 | 2                                     |            | 0              |            | 1           |                 | 3   | 4         | 15        |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |                 | 0   | 0         | 0         |
| Folate, food.....mcg                  | 2                                     |            | 0              |            | 1           |                 | 3   | 4         | 15        |
| Folate, DFE.....mcg_DFE               | 2                                     |            | 0              | NC         | 4           |                 | 3   | 4         | 15        |
| Vitamin B-12.....mcg                  | 0.41                                  |            | 0              |            | 4           |                 | 0.57  | 0.77      | 3.17      |
| Vitamin A, IU.....IU                  | 70                                    |            | 0              |            | 1           |                 | 98  | 132       | 542       |
| Vitamin A, RAE.....mcg_RAE            | 21                                    |            | 0              | NC         | 4           |                 | 29  | 39        | 163       |
| Retinol.....mcg                       | 21                                    |            | 0              | NR         | 4           |                 | 29  | 39        | 163       |
| Vitamin E (alpha-tocopherol).....mg   | 1.74                                  |            | 0              | NR         | 4           |                 | 2.44  | 3.27      | 13.47     |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     | 5.1                                   |            | 0              | BFSN       | 4           |                 | 7.1   | 9.6       | 39.4      |
| <b>Lipids:</b>                        |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 6.870                                 |            | 0              |            | 1           |                 | 9.618   | 12.916    | 53.174    |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1           |                 | 0.000   | 0.000     | 0.000     |
| 12:0.....g                            | 0.040                                 |            | 0              |            | 1           |                 | 0.056   | 0.075     | 0.310     |
| 13:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 14:0.....g                            | 0.110                                 |            | 0              |            | 1           |                 | 0.154   | 0.207     | 0.851     |
| 15:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 16:0.....g                            | 4.530                                 |            | 0              |            | 1           |                 | 6.342   | 8.516     | 35.062    |
| 17:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 18:0.....g                            | 1.810                                 |            | 0              |            | 1           |                 | 2.534   | 3.403     | 14.009    |
| 20:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                |            |             |                 |   |           |           |

NDB No. 05147

Goose, domesticated, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                | Amount in edible portion of common |                  |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|------------------------------------|------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code                 | measures of food |           |           |
|  |                                       |            |                             |               |                |                                    | Measure 1        | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 10.250                                |            | 0                           |               | 1              |                                    | 14.350           | 19.270    | 79.335    |
| 14:1.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 16:1 undifferentiated.....g              | 0.680                                 |            | 0                           |               | 1              |                                    | 0.952            | 1.278     | 5.263     |
| 17:1.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 18:1 undifferentiated.....g              | 9.520                                 |            | 0                           |               | 1              |                                    | 13.328           | 17.898    | 73.685    |
| 20:1.....g                               | 0.020                                 |            | 0                           |               | 1              |                                    | 0.028            | 0.038     | 0.155     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                             |               |                |                                    |                  |           |           |
| Fatty acids, total polyunsaturated.....g | 2.520                                 |            | 0                           |               | 1              |                                    | 3.528            | 4.738     | 19.505    |
| 18:2 undifferentiated.....g              | 2.240                                 |            | 0                           |               | 1              |                                    | 3.136            | 4.211     | 17.338    |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0                           |               | 1              |                                    | 0.252            | 0.338     | 1.393     |
| 18:4.....g                               | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                                    |                  |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                                    |                  |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                                    |                  |           |           |
| Cholesterol.....mg                       | 91                                    |            | 0                           |               | 1              |                                    | 127              | 171       | 704       |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                                    |                  |           |           |
| Amino Acids:                             |                                       |            |                             |               |                |                                    |                  |           |           |
| Tryptophan.....g                         | 0.332                                 |            | 0                           |               | 4              |                                    | 0.465            | 0.624     | 2.570     |
| Threonine.....g                          | 1.123                                 |            | 0                           |               | 1              |                                    | 1.572            | 2.111     | 8.692     |
| Isoleucine.....g                         | 1.183                                 |            | 0                           |               | 1              |                                    | 1.656            | 2.224     | 9.156     |
| Leucine.....g                            | 2.109                                 |            | 0                           |               | 1              |                                    | 2.953            | 3.965     | 16.324    |
| Lysine.....g                             | 1.988                                 |            | 0                           |               | 1              |                                    | 2.783            | 3.737     | 15.387    |
| Methionine.....g                         | 0.608                                 |            | 0                           |               | 1              |                                    | 0.851            | 1.143     | 4.706     |
| Cystine.....g                            | 0.390                                 |            | 0                           |               | 4              |                                    | 0.546            | 0.733     | 3.019     |
| Phenylalanine.....g                      | 1.055                                 |            | 0                           |               | 1              |                                    | 1.477            | 1.983     | 8.166     |
| Tyrosine.....g                           | 0.805                                 |            | 0                           |               | 1              |                                    | 1.127            | 1.513     | 6.231     |
| Valine.....g                             | 1.232                                 |            | 0                           |               | 1              |                                    | 1.725            | 2.316     | 9.536     |
| Arginine.....g                           | 1.566                                 |            | 0                           |               | 1              |                                    | 2.192            | 2.944     | 12.121    |
| Histidine.....g                          | 0.700                                 |            | 0                           |               | 1              |                                    | 0.980            | 1.316     | 5.418     |
| Alanine.....g                            | 1.550                                 |            | 0                           |               | 1              |                                    | 2.170            | 2.914     | 11.997    |
| Aspartic acid.....g                      | 2.262                                 |            | 0                           |               | 1              |                                    | 3.167            | 4.253     | 17.508    |
| Glutamic acid.....g                      | 3.739                                 |            | 0                           |               | 1              |                                    | 5.235            | 7.029     | 28.940    |
| Glycine.....g                            | 1.594                                 |            | 0                           |               | 1              |                                    | 2.232            | 2.997     | 12.338    |
| Proline.....g                            | 1.216                                 |            | 0                           |               | 1              |                                    | 1.702            | 2.286     | 9.412     |
| Serine.....g                             | 1.002                                 |            | 0                           |               | 1              |                                    | 1.403            | 1.884     | 7.755     |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                                    |                  |           |           |
| Others:                                  |                                       |            |                             |               |                |                                    |                  |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                           |               | 7              |                                    | 0.0              | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0                           | Z             | 7              |                                    | 0                | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0                           | Z             | 7              |                                    | 0                | 0         | 0         |
| Carotenoids:                             |                                       |            |                             |               |                |                                    |                  |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |

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

**Common Measures:**

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

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

Measure 3 = 774g: .5 goose

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

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05146

Goose, domesticated, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 17.770                                |            | 0                     |            | 1           |   | 56.864    | 234.386   |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.980                                 |            | 0                     |            | 1           |   | 3.136     | 12.926    |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 16.680                                |            | 0                     |            | 1           |   | 53.376    | 220.009   |           |
| 20:1.....g                               | 0.040                                 |            | 0                     |            | 1           |   | 0.128     | 0.528     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.760                                 |            | 0                     |            | 1           |   | 12.032    | 49.594    |           |
| 18:2 undifferentiated.....g              | 3.340                                 |            | 0                     |            | 1           |   | 10.688    | 44.055    |           |
| 18:3 undifferentiated.....g              | 0.210                                 |            | 0                     |            | 1           |   | 0.672     | 2.770     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 80                                    |            | 0                     |            | 1           |   | 256       | 1055      |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.207                                 |            | 0                     |            | 4           |   | 0.662     | 2.730     |           |
| Threonine.....g                          | 0.708                                 |            | 0                     |            | 1           |   | 2.266     | 9.339     |           |
| Isoleucine.....g                         | 0.746                                 |            | 0                     |            | 1           |   | 2.387     | 9.840     |           |
| Leucine.....g                            | 1.330                                 |            | 0                     |            | 1           |   | 4.256     | 17.543    |           |
| Lysine.....g                             | 1.254                                 |            | 0                     |            | 1           |   | 4.013     | 16.540    |           |
| Methionine.....g                         | 0.383                                 |            | 0                     |            | 1           |   | 1.226     | 5.052     |           |
| Cystine.....g                            | 0.247                                 |            | 0                     |            | 4           |   | 0.790     | 3.258     |           |
| Phenylalanine.....g                      | 0.665                                 |            | 0                     |            | 1           |   | 2.128     | 8.771     |           |
| Tyrosine.....g                           | 0.508                                 |            | 0                     |            | 1           |   | 1.626     | 6.701     |           |
| Valine.....g                             | 0.777                                 |            | 0                     |            | 1           |   | 2.486     | 10.249    |           |
| Arginine.....g                           | 0.987                                 |            | 0                     |            | 1           |   | 3.158     | 13.019    |           |
| Histidine.....g                          | 0.442                                 |            | 0                     |            | 1           |   | 1.414     | 5.830     |           |
| Alanine.....g                            | 0.977                                 |            | 0                     |            | 1           |   | 3.126     | 12.887    |           |
| Aspartic acid.....g                      | 1.426                                 |            | 0                     |            | 1           |   | 4.563     | 18.809    |           |
| Glutamic acid.....g                      | 2.358                                 |            | 0                     |            | 1           |   | 7.546     | 31.102    |           |
| Glycine.....g                            | 1.005                                 |            | 0                     |            | 1           |   | 3.216     | 13.256    |           |
| Proline.....g                            | 0.766                                 |            | 0                     |            | 1           |   | 2.451     | 10.104    |           |
| Serine.....g                             | 0.632                                 |            | 0                     |            | 1           |   | 2.022     | 8.336     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | z          | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                       |            |             |   |           |           |           |
| Theobromine.....mg                       |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 320g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 1319g: .5 goose

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05149

Goose, domesticated, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.340                                 |            | 0              |            | 1   |                 | 6.206     | 25.649    |           |
| 14:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.440                                 |            | 0              |            | 1   |                 | 0.629     | 2.600     |           |
| 17:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.880                                 |            | 0              |            | 1   |                 | 5.548     | 22.931    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1   |                 | 0.014     | 0.059     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.540                                 |            | 0              |            | 1   |                 | 2.202     | 9.101     |           |
| 18:2 undifferentiated.....g              | 1.370                                 |            | 0              |            | 1   |                 | 1.959     | 8.097     |           |
| 18:3 undifferentiated.....g              | 0.150                                 |            | 0              |            | 1   |                 | 0.215     | 0.887     |           |
| 18:4.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 96                                    |            | 0              |            | 1   |                 | 137       | 567       |           |
| Phytosterols.....mg                      |                                       |            |                |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.403                                 |            | 0              |            | 4   |                 | 0.576     | 2.382     |           |
| Threonine.....g                          | 1.238                                 |            | 0              |            | 4   |                 | 1.770     | 7.317     |           |
| Isoleucine.....g                         | 1.488                                 |            | 0              |            | 4   |                 | 2.128     | 8.794     |           |
| Leucine.....g                            | 2.447                                 |            | 0              |            | 4   |                 | 3.499     | 14.462    |           |
| Lysine.....g                             | 2.480                                 |            | 0              |            | 4   |                 | 3.546     | 14.657    |           |
| Methionine.....g                         | 0.783                                 |            | 0              |            | 4   |                 | 1.120     | 4.628     |           |
| Cystine.....g                            | 0.445                                 |            | 0              |            | 4   |                 | 0.636     | 2.630     |           |
| Phenylalanine.....g                      | 1.214                                 |            | 0              |            | 4   |                 | 1.736     | 7.175     |           |
| Tyrosine.....g                           | 1.103                                 |            | 0              |            | 4   |                 | 1.577     | 6.519     |           |
| Valine.....g                             | 1.516                                 |            | 0              |            | 4   |                 | 2.168     | 8.960     |           |
| Arginine.....g                           | 1.849                                 |            | 0              |            | 4   |                 | 2.644     | 10.928    |           |
| Histidine.....g                          | 0.765                                 |            | 0              |            | 4   |                 | 1.094     | 4.521     |           |
| Alanine.....g                            | 1.835                                 |            | 0              |            | 4   |                 | 2.624     | 10.845    |           |
| Aspartic acid.....g                      | 2.837                                 |            | 0              |            | 4   |                 | 4.057     | 16.767    |           |
| Glutamic acid.....g                      | 4.533                                 |            | 0              |            | 4   |                 | 6.482     | 26.790    |           |
| Glycine.....g                            | 1.622                                 |            | 0              |            | 4   |                 | 2.319     | 9.586     |           |
| Proline.....g                            | 1.423                                 |            | 0              |            | 4   |                 | 2.035     | 8.410     |           |
| Serine.....g                             | 1.247                                 |            | 0              |            | 4   |                 | 1.783     | 7.370     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |   |                 |           |           |           |

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

**Common Measures:**

Measure 1 = 143g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 591g: .5 goose

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05148

Goose, domesticated, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.850                                 |            | 0                     |            | 1           |   | 3.423     | 14.171    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.270                                 |            | 0                     |            | 1           |   | 0.500     | 2.068     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.580                                 |            | 0                     |            | 1           |   | 2.923     | 12.103    |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.900                                 |            | 0                     |            | 1           |   | 1.665     | 6.894     |           |
| 18:2 undifferentiated.....g              | 0.800                                 |            | 0                     |            | 1           |   | 1.480     | 6.128     |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1           |   | 0.185     | 0.766     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 84                                    |            | 1                     |            | 1           |   | 155       | 643       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.317                                 |            | 0                     |            | 4           |   | 0.586     | 2.428     |           |
| Threonine.....g                          | 0.972                                 |            | 0                     |            | 4           |   | 1.798     | 7.446     |           |
| Isoleucine.....g                         | 1.168                                 |            | 0                     |            | 4           |   | 2.161     | 8.947     |           |
| Leucine.....g                            | 1.922                                 |            | 0                     |            | 4           |   | 3.556     | 14.723    |           |
| Lysine.....g                             | 1.947                                 |            | 0                     |            | 4           |   | 3.602     | 14.914    |           |
| Methionine.....g                         | 0.615                                 |            | 0                     |            | 4           |   | 1.138     | 4.711     |           |
| Cystine.....g                            | 0.349                                 |            | 0                     |            | 4           |   | 0.646     | 2.673     |           |
| Phenylalanine.....g                      | 0.954                                 |            | 0                     |            | 4           |   | 1.765     | 7.308     |           |
| Tyrosine.....g                           | 0.866                                 |            | 0                     |            | 4           |   | 1.602     | 6.634     |           |
| Valine.....g                             | 1.190                                 |            | 0                     |            | 4           |   | 2.202     | 9.115     |           |
| Arginine.....g                           | 1.452                                 |            | 0                     |            | 4           |   | 2.686     | 11.122    |           |
| Histidine.....g                          | 0.601                                 |            | 0                     |            | 4           |   | 1.112     | 4.604     |           |
| Alanine.....g                            | 1.441                                 |            | 0                     |            | 4           |   | 2.666     | 11.038    |           |
| Aspartic acid.....g                      | 2.228                                 |            | 0                     |            | 4           |   | 4.122     | 17.066    |           |
| Glutamic acid.....g                      | 3.560                                 |            | 0                     |            | 4           |   | 6.586     | 27.270    |           |
| Glycine.....g                            | 1.274                                 |            | 0                     |            | 4           |   | 2.357     | 9.759     |           |
| Proline.....g                            | 1.117                                 |            | 0                     |            | 4           |   | 2.066     | 8.556     |           |
| Serine.....g                             | 0.979                                 |            | 0                     |            | 4           |   | 1.811     | 7.499     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 766g: .5 goose

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05150**  
**Goose, liver, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.810                                 |            | 0       |       | 1      |   | 0.761     | 0.089     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.060                                 |            | 1       |       | 1      |   | 0.056     | 0.007     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.740                                 |            | 1       |       | 1      |   | 0.696     | 0.081     |           |
| 20:1.....g                               | 0.010                                 |            | 1       |       | 1      |   | 0.009     | 0.001     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.260                                 |            | 0       |       | 1      |   | 0.244     | 0.029     |           |
| 18:2 undifferentiated.....g              | 0.180                                 |            | 1       |       | 1      |   | 0.169     | 0.020     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 1       |       | 1      |   | 0.009     | 0.001     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 1       |       | 1      |   | 0.066     | 0.008     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 515                                   |            | 0       |       | 4      |   | 484       | 57        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.230                                 |            | 0       |       | 1      |   | 0.216     | 0.025     |           |
| Threonine.....g                          | 0.728                                 |            | 0       |       | 1      |   | 0.684     | 0.080     |           |
| Isoleucine.....g                         | 0.870                                 |            | 0       |       | 1      |   | 0.818     | 0.096     |           |
| Leucine.....g                            | 1.477                                 |            | 0       |       | 1      |   | 1.388     | 0.162     |           |
| Lysine.....g                             | 1.239                                 |            | 0       |       | 1      |   | 1.165     | 0.136     |           |
| Methionine.....g                         | 0.388                                 |            | 0       |       | 1      |   | 0.365     | 0.043     |           |
| Cystine.....g                            | 0.220                                 |            | 0       |       | 1      |   | 0.207     | 0.024     |           |
| Phenylalanine.....g                      | 0.815                                 |            | 0       |       | 1      |   | 0.766     | 0.090     |           |
| Tyrosine.....g                           | 0.576                                 |            | 0       |       | 1      |   | 0.541     | 0.063     |           |
| Valine.....g                             | 1.032                                 |            | 0       |       | 1      |   | 0.970     | 0.114     |           |
| Arginine.....g                           | 1.003                                 |            | 0       |       | 1      |   | 0.943     | 0.110     |           |
| Histidine.....g                          | 0.435                                 |            | 0       |       | 1      |   | 0.409     | 0.048     |           |
| Alanine.....g                            | 0.951                                 |            | 0       |       | 1      |   | 0.894     | 0.105     |           |
| Aspartic acid.....g                      | 1.556                                 |            | 0       |       | 1      |   | 1.463     | 0.171     |           |
| Glutamic acid.....g                      | 2.121                                 |            | 0       |       | 1      |   | 1.994     | 0.233     |           |
| Glycine.....g                            | 0.951                                 |            | 0       |       | 1      |   | 0.894     | 0.105     |           |
| Proline.....g                            | 0.812                                 |            | 0       |       | 1      |   | 0.763     | 0.089     |           |
| Serine.....g                             | 0.705                                 |            | 0       |       | 1      |   | 0.663     | 0.078     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

**Common Measures:**

Measure 1 = 94g: 1 liver

Measure 2 = 11.0g: 1 unit (yield from 1 lb ready-to-cook goose)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05151**  
**Guinea hen, 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         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.430                                 |            | 0              |            | 4   |                 | 8.724     | 8.384     |           |
| 14:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.340                                 |            | 0              |            | 4   |                 | 1.221     | 1.173     |           |
| 17:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.000                                 |            | 0              |            | 4   |                 | 7.180     | 6.900     |           |
| 20:1.....g                               | 0.060                                 |            | 0              |            | 4   |                 | 0.215     | 0.207     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.410                                 |            | 0              |            | 4   |                 | 5.062     | 4.865     |           |
| 18:2 undifferentiated.....g              | 1.190                                 |            | 0              |            | 4   |                 | 4.272     | 4.106     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0              |            | 4   |                 | 0.180     | 0.173     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 0              |            | 4   |                 | 0.251     | 0.242     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |            | 4   |                 | 0.036     | 0.035     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 4   |                 | 0.036     | 0.035     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 4   |                 | 0.108     | 0.104     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 74                                    |            | 0              |            | 4   |                 | 266       | 255       |           |
| Phytosterols.....mg                      |                                       |            |                |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.259                                 |            | 0              |            | 4   |                 | 0.930     | 0.894     |           |
| Threonine.....g                          | 0.963                                 |            | 0              |            | 4   |                 | 3.457     | 3.322     |           |
| Isoleucine.....g                         | 1.156                                 |            | 0              |            | 4   |                 | 4.150     | 3.988     |           |
| Leucine.....g                            | 1.693                                 |            | 0              |            | 4   |                 | 6.078     | 5.841     |           |
| Lysine.....g                             | 1.891                                 |            | 0              |            | 4   |                 | 6.789     | 6.524     |           |
| Methionine.....g                         | 0.618                                 |            | 0              |            | 4   |                 | 2.219     | 2.132     |           |
| Cystine.....g                            | 0.314                                 |            | 0              |            | 4   |                 | 1.127     | 1.083     |           |
| Phenylalanine.....g                      | 0.906                                 |            | 0              |            | 4   |                 | 3.253     | 3.126     |           |
| Tyrosine.....g                           | 0.748                                 |            | 0              |            | 4   |                 | 2.685     | 2.581     |           |
| Valine.....g                             | 1.132                                 |            | 0              |            | 4   |                 | 4.064     | 3.905     |           |
| Arginine.....g                           | 1.476                                 |            | 0              |            | 4   |                 | 5.299     | 5.092     |           |
| Histidine.....g                          | 0.681                                 |            | 0              |            | 4   |                 | 2.445     | 2.349     |           |
| Alanine.....g                            | 1.378                                 |            | 0              |            | 4   |                 | 4.947     | 4.754     |           |
| Aspartic acid.....g                      | 2.087                                 |            | 0              |            | 4   |                 | 7.492     | 7.200     |           |
| Glutamic acid.....g                      | 3.407                                 |            | 0              |            | 4   |                 | 12.231    | 11.754    |           |
| Glycine.....g                            | 1.572                                 |            | 0              |            | 4   |                 | 5.643     | 5.423     |           |
| Proline.....g                            | 1.162                                 |            | 0              |            | 4   |                 | 4.172     | 4.009     |           |
| Serine.....g                             | 0.829                                 |            | 0              |            | 4   |                 | 2.976     | 2.860     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                |            |   |                 |           |           |           |
| Theobromine.....mg                       |                                       |            |                |            |   |                 |           |           |           |

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

**Common Measures:**

Measure 1 = 359g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 2 = 345g: .5 guinea

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

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |                 |   |           |           |
| Water.....g                           | 74.44                                 | 0.442      | 10             |            | 1           |                 | 204.71  | 196.52    |           |
| Energy.....kcal                       | 110                                   |            | 0              | NC         | 4           |                 | 303   | 290       |           |
| Energy.....Kj                         | 460                                   |            |                |            | 4           |                 | 1266  | 1215      |           |
| Protein (N x 6.25).....g              | 20.64                                 | 0.362      | 10             |            | 1           |                 | 56.76   | 54.49     |           |
| Total lipid (fat).....g               | 2.47                                  | 0.442      | 10             |            | 1           |                 | 6.79  | 6.52      |           |
| Ash.....g                             | 1.25                                  | 0.035      | 9              |            | 1           |                 | 3.44  | 3.30      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |                 | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |             |                 |   |           |           |
| Starch.....g                          |                                       |            |                |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 11                                    |            | 0              |            | 4           |                 | 30  | 29        |           |
| Iron, Fe.....mg                       | 0.77                                  |            | 0              |            | 4           |                 | 2.12  | 2.03      |           |
| Magnesium, Mg.....mg                  | 24                                    |            | 0              |            | 4           |                 | 66  | 63        |           |
| Phosphorus, P.....mg                  | 169                                   |            | 0              |            | 4           |                 | 465   | 446       |           |
| Potassium, K.....mg                   | 220                                   |            | 0              |            | 4           |                 | 605   | 581       |           |
| Sodium, Na.....mg                     | 69                                    |            | 0              |            | 4           |                 | 190   | 182       |           |
| Zinc, Zn.....mg                       | 1.20                                  |            | 0              |            | 4           |                 | 3.30  | 3.17      |           |
| Copper, Cu.....mg                     | 0.044                                 |            | 0              |            | 4           |                 | 0.121   | 0.116     |           |
| Manganese, Mn.....mg                  | 0.018                                 |            | 0              |            | 4           |                 | 0.050   | 0.048     |           |
| Selenium, Se.....mcg                  | 17.5                                  |            | 0              | BFNN       | 4           |                 | 48.1  | 46.2      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 1.7                                   |            | 0              |            | 4           |                 | 4.7   | 4.5       |           |
| Thiamin.....mg                        | 0.067                                 |            | 0              |            | 4           |                 | 0.184   | 0.177     |           |
| Riboflavin.....mg                     | 0.112                                 |            | 0              |            | 4           |                 | 0.308   | 0.296     |           |
| Niacin.....mg                         | 8.782                                 |            | 0              |            | 4           |                 | 24.151  | 23.184    |           |
| Pantothenic acid.....mg               | 0.936                                 |            | 0              |            | 4           |                 | 2.574   | 2.471     |           |
| Vitamin B-6.....mg                    | 0.470                                 |            | 0              |            | 4           |                 | 1.293   | 1.241     |           |
| Folate, total.....mcg                 | 6                                     |            | 0              |            | 4           |                 | 17  | 16        |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 6                                     |            | 0              |            | 4           |                 | 17  | 16        |           |
| Folate, DFE.....mcg_DFE               | 6                                     |            | 0              | NC         | 4           |                 | 17  | 16        |           |
| Vitamin B-12.....mcg                  | 0.37                                  |            | 0              |            | 4           |                 | 1.02  | 0.98      |           |
| Vitamin A, IU.....IU                  | 41                                    |            | 0              |            | 4           |                 | 113   | 108       |           |
| Vitamin A, RAE.....mcg_RAE            | 12                                    |            | 0              |            | 4           |                 | 34  | 33        |           |
| Retinol.....mcg                       | 12                                    |            | 0              |            | 4           |                 | 34  | 33        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |             |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 0.640                                 |            | 0              |            | 4           |                 | 1.760   | 1.690     |           |
| 4:0.....g                             |                                       |            |                |            |             |                 |   |           |           |
| 6:0.....g                             |                                       |            |                |            |             |                 |   |           |           |
| 8:0.....g                             |                                       |            |                |            |             |                 |   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 4           |                 | 0.028   | 0.026     |           |
| 13:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 14:0.....g                            | 0.020                                 |            | 0              |            | 4           |                 | 0.055   | 0.053     |           |
| 15:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 16:0.....g                            | 0.420                                 |            | 0              |            | 4           |                 | 1.155   | 1.109     |           |
| 17:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 18:0.....g                            | 0.180                                 |            | 0              |            | 4           |                 | 0.495   | 0.475     |           |
| 20:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                |            |             |                 |   |           |           |

**NDB No. 05152**  
**Guinea hen, meat only, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.680                                 |            | 0       |       | 4      |   | 1.870     | 1.795     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.090                                 |            | 0       |       | 4      |   | 0.248     | 0.238     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.570                                 |            | 0       |       | 4      |   | 1.568     | 1.505     |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 4      |   | 0.028     | 0.026     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.590                                 |            | 0       |       | 4      |   | 1.623     | 1.558     |           |
| 18:2 undifferentiated.....g              | 0.400                                 |            | 0       |       | 4      |   | 1.100     | 1.056     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0       |       | 4      |   | 0.055     | 0.053     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 0       |       | 4      |   | 0.193     | 0.185     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0       |       | 4      |   | 0.028     | 0.026     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 4      |   | 0.055     | 0.053     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0       |       | 4      |   | 0.083     | 0.079     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 63                                    |            | 1       |       | 1      |   | 173       | 166       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.241                                 |            | 0       |       | 4      |   | 0.663     | 0.636     |           |
| Threonine.....g                          | 0.872                                 |            | 0       |       | 4      |   | 2.398     | 2.302     |           |
| Isoleucine.....g                         | 1.090                                 |            | 0       |       | 4      |   | 2.998     | 2.878     |           |
| Leucine.....g                            | 1.549                                 |            | 0       |       | 4      |   | 4.260     | 4.089     |           |
| Lysine.....g                             | 1.754                                 |            | 0       |       | 4      |   | 4.824     | 4.631     |           |
| Methionine.....g                         | 0.571                                 |            | 0       |       | 4      |   | 1.570     | 1.507     |           |
| Cystine.....g                            | 0.264                                 |            | 0       |       | 4      |   | 0.726     | 0.697     |           |
| Phenylalanine.....g                      | 0.819                                 |            | 0       |       | 4      |   | 2.252     | 2.162     |           |
| Tyrosine.....g                           | 0.697                                 |            | 0       |       | 4      |   | 1.917     | 1.840     |           |
| Valine.....g                             | 1.024                                 |            | 0       |       | 4      |   | 2.816     | 2.703     |           |
| Arginine.....g                           | 1.245                                 |            | 0       |       | 4      |   | 3.424     | 3.287     |           |
| Histidine.....g                          | 0.641                                 |            | 0       |       | 4      |   | 1.763     | 1.692     |           |
| Alanine.....g                            | 1.126                                 |            | 0       |       | 4      |   | 3.097     | 2.973     |           |
| Aspartic acid.....g                      | 1.840                                 |            | 0       |       | 4      |   | 5.060     | 4.858     |           |
| Glutamic acid.....g                      | 3.092                                 |            | 0       |       | 4      |   | 8.503     | 8.163     |           |
| Glycine.....g                            | 1.014                                 |            | 0       |       | 4      |   | 2.789     | 2.677     |           |
| Proline.....g                            | 0.849                                 |            | 0       |       | 4      |   | 2.335     | 2.241     |           |
| Serine.....g                             | 0.710                                 |            | 0       |       | 4      |   | 1.953     | 1.874     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

**Common Measures:**

Measure 1 = 275g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 2 = 264g: .5 guinea

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Struthio camelus*

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 75.93                                 |            | 3              | A          | 1   |                 |           |           |           |
| Energy.....kcal                       | 117                                   |            | 0              | NC         | 4   |                 |           |           |           |
| Energy.....kj                         | 490                                   |            | 0              | NC         | 4   |                 |           |           |           |
| Protein (N x 6.25).....g              | 21.81                                 |            | 3              | A          | 1   |                 |           |           |           |
| Total lipid (fat).....g               | 2.65                                  |            | 3              | A          | 1   |                 |           |           |           |
| Ash.....g                             | 0.61                                  |            | 0              | BFSN       | 4   |                 |           |           |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 |           |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 |           |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7   |                 |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 6                                     |            | 3              | A          | 1   |                 |           |           |           |
| Iron, Fe.....mg                       | 4.38                                  |            | 3              | A          | 1   |                 |           |           |           |
| Magnesium, Mg.....mg                  | 22                                    |            | 0              | BFNN       | 4   |                 |           |           |           |
| Phosphorus, P.....mg                  | 211                                   |            | 0              | BFNN       | 4   |                 |           |           |           |
| Potassium, K.....mg                   | 308                                   |            | 0              | BFNN       | 4   |                 |           |           |           |
| Sodium, Na.....mg                     | 75                                    |            | 3              | A          | 1   |                 |           |           |           |
| Zinc, Zn.....mg                       | 3.71                                  |            | 0              | BFNN       | 4   |                 |           |           |           |
| Copper, Cu.....mg                     | 0.136                                 |            | 0              | BFNN       | 4   |                 |           |           |           |
| Manganese, Mn.....mg                  | 0.017                                 |            | 0              | BFNN       | 4   |                 |           |           |           |
| Selenium, Se.....mcg                  | 34.9                                  |            | 0              | BFNN       | 4   |                 |           |           |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 |           |           |           |
| Thiamin.....mg                        | 0.196                                 |            | 0              | BFPN       | 4   |                 |           |           |           |
| Riboflavin.....mg                     | 0.288                                 |            | 0              | BFPN       | 4   |                 |           |           |           |
| Niacin.....mg                         | 4.722                                 |            | 0              | BFPN       | 4   |                 |           |           |           |
| Pantothenic acid.....mg               | 1.165                                 |            | 0              | BFPN       | 4   |                 |           |           |           |
| Vitamin B-6.....mg                    | 0.513                                 |            | 0              | BFPN       | 4   |                 |           |           |           |
| Folate, total.....mcg                 | 8                                     |            | 0              | BFPN       | 4   |                 |           |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |
| Folate, food.....mcg                  | 8                                     |            | 0              | BFPN       | 4   |                 |           |           |           |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0              | NC         | 4   |                 |           |           |           |
| Vitamin B-12.....mcg                  | 4.97                                  |            | 0              | BFPN       | 4   |                 |           |           |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              | BFSN       | 4   |                 |           |           |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              | NC         | 4   |                 |           |           |           |
| Retinol.....mcg                       | 0                                     |            | 0              | BFSN       | 4   |                 |           |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.20                                  |            | 0              | BFSN       | 4   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 0.950                                 |            | 0              | NC         | 4   |                 |           |           |           |
| 4:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 10:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 12:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.030                                 |            | 3              | A          | 1   |                 |           |           |           |
| 15:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 16:0.....g                            | 0.690                                 |            | 3              | A          | 1   |                 |           |           |           |
| 17:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 18:0.....g                            | 0.230                                 |            | 3              | A          | 1   |                 |           |           |           |
| 20:0.....g                            |                                       |            |                |            |   |                 |           |           |           |



**NDB No. 05643**  
**Ostrich, fan, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.950                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.220                                 |            | 3              | A          | 1           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.730                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.500                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.330                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 3              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.194                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.957                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.036                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.772                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.926                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.610                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.224                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.900                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.709                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.077                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.492                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.548                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.399                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.040                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.343                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.458                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.137                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.873                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.389                                 |            | 0              | A          | 1           |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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

**Common Measures:**

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

**NDB No. 05643**  
**Ostrich, fan, raw**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 05642

Ostrich, ground, cooked, pan-broiled

*Struthio camelus*

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| 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                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 8                                     | 0.456      | 6                     | A          | 1           |   | 8         | 7         |           |
| Iron, Fe.....mg                       | 3.43                                  | 0.126      | 6                     | A          | 1           |   | 3.19      | 2.91      |           |
| Magnesium, Mg.....mg                  | 23                                    | 0.304      | 6                     | A          | 1           |   | 21        | 19        |           |
| Phosphorus, P.....mg                  | 224                                   | 2.236      | 6                     | A          | 1           |   | 208       | 190       |           |
| Potassium, K.....mg                   | 323                                   | 5.199      | 6                     | A          | 1           |   | 301       | 275       |           |
| Sodium, Na.....mg                     | 80                                    | 0.912      | 6                     | A          | 1           |   | 75        | 68        |           |
| Zinc, Zn.....mg                       | 4.33                                  | 0.233      | 6                     | A          | 1           |   | 4.03      | 3.68      |           |
| Copper, Cu.....mg                     | 0.136                                 | 0.013      | 6                     | A          | 1           |   | 0.126     | 0.115     |           |
| Manganese, Mn.....mg                  | 0.017                                 | 0.001      | 6                     | A          | 1           |   | 0.016     | 0.014     |           |
| Selenium, Se.....mcg                  | 33.5                                  |            | 2                     | A          | 1           |   | 31.2      | 28.5      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.213                                 | 0.014      | 6                     | A          | 1           |   | 0.198     | 0.181     |           |
| Riboflavin.....mg                     | 0.268                                 | 0.012      | 6                     | A          | 1           |   | 0.250     | 0.228     |           |
| Niacin.....mg                         | 6.557                                 | 0.365      | 6                     | A          | 1           |   | 6.098     | 5.573     |           |
| Pantothenic acid.....mg               | 1.210                                 |            | 1                     | A          | 1           |   | 1.125     | 1.029     |           |
| Vitamin B-6.....mg                    | 0.501                                 | 0.023      | 6                     | A          | 1           |   | 0.465     | 0.425     |           |
| Folate, total.....mcg                 | 14                                    |            | 1                     | A          | 1           |   | 13        | 12        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 14                                    |            | 1                     | A          | 1           |   | 13        | 12        |           |
| Folate, DFE.....mcg_DFE               | 14                                    |            | 0                     | NC         | 4           |   | 13        | 12        |           |
| Vitamin B-12.....mcg                  | 5.74                                  | 0.613      | 6                     | A          | 1           |   | 5.33      | 4.87      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 1                     | A          | 1           |   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                     | AS         | 1           |   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 1                     | A          | 1           |   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.24                                  |            | 1                     | A          | 1           |   | 0.22      | 0.20      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 3.5                                   |            | 0                     | BFSN       | 4           |   | 3.2       | 3.0       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.793                                 |            | 0                     | NC         | 4           |   | 1.667     | 1.524     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.040                                 | 0.007      | 3                     | A          | 1           |   | 0.038     | 0.034     |           |
| 15:0.....g                            | 0.012                                 | 0.003      | 3                     | A          | 1           |   | 0.011     | 0.011     |           |
| 16:0.....g                            | 1.339                                 | 0.253      | 3                     | A          | 1           |   | 1.245     | 1.138     |           |
| 17:0.....g                            | 0.012                                 | 0.004      | 3                     | A          | 1           |   | 0.011     | 0.010     |           |
| 18:0.....g                            | 0.388                                 | 0.068      | 3                     | A          | 1           |   | 0.361     | 0.330     |           |
| 20:0.....g                            | 0.002                                 | 0.002      | 3                     | A          | 1           |   | 0.001     | 0.001     |           |
| 22:0.....g                            | 0.000                                 | 0.000      | 3                     | A          | 1           |   | 0.000     | 0.000     |           |
| 24:0.....g                            |                                       |            |                       |            |             |   |           |           |           |

NDB No. 05642

Ostrich, ground, cooked, pan-broiled

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.156                                 |            | 0              | NC         | 4           |   | 2.005     | 1.832     |           |
| 14:1.....g                               | 0.001                                 | 0.001      | 3              | A          | 1           |   | 0.001     | 0.001     |           |
| 15:1.....g                               | 0.000                                 | 0.000      | 3              | A          | 1           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.342                                 | 0.059      | 3              | A          | 1           |   | 0.318     | 0.291     |           |
| 17:1.....g                               | 0.005                                 | 0.003      | 3              | A          | 1           |   | 0.004     | 0.004     |           |
| 18:1 undifferentiated.....g              | 1.783                                 | 0.346      | 3              | A          | 1           |   | 1.658     | 1.516     |           |
| 20:1.....g                               | 0.024                                 | 0.004      | 3              | A          | 1           |   | 0.023     | 0.021     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.739                                 |            | 0              | NC         | 4           |   | 0.687     | 0.628     |           |
| 18:2 undifferentiated.....g              | 0.631                                 | 0.127      | 3              | A          | 1           |   | 0.587     | 0.537     |           |
| 18:3 undifferentiated.....g              | 0.045                                 | 0.008      | 3              | A          | 1           |   | 0.042     | 0.038     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 | 0.000      | 3              | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3i.....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-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.233                                 |            | 0              | BFFN       | 4           |   | 0.217     | 0.198     |           |
| Cholesterol.....mg                       | 83                                    | 2.991      | 6              | A          | 1           |   | 77        | 70        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.233                                 |            | 0              | A          | 1           |   | 0.217     | 0.198     |           |
| Threonine.....g                          | 1.147                                 |            | 0              | A          | 1           |   | 1.067     | 0.975     |           |
| Isoleucine.....g                         | 1.242                                 |            | 0              | A          | 1           |   | 1.155     | 1.056     |           |
| Leucine.....g                            | 2.125                                 |            | 0              | A          | 1           |   | 1.976     | 1.806     |           |
| Lysine.....g                             | 2.309                                 |            | 0              | A          | 1           |   | 2.147     | 1.963     |           |
| Methionine.....g                         | 0.731                                 |            | 0              | A          | 1           |   | 0.680     | 0.621     |           |
| Cystine.....g                            | 0.269                                 |            | 0              | A          | 1           |   | 0.250     | 0.228     |           |
| Phenylalanine.....g                      | 1.079                                 |            | 0              | A          | 1           |   | 1.004     | 0.917     |           |
| Tyrosine.....g                           | 0.850                                 |            | 0              | A          | 1           |   | 0.791     | 0.723     |           |
| Valine.....g                             | 1.291                                 |            | 0              | A          | 1           |   | 1.201     | 1.098     |           |
| Arginine.....g                           | 1.788                                 |            | 0              | A          | 1           |   | 1.663     | 1.520     |           |
| Histidine.....g                          | 0.657                                 |            | 0              | A          | 1           |   | 0.611     | 0.558     |           |
| Alanine.....g                            | 1.678                                 |            | 0              | A          | 1           |   | 1.560     | 1.426     |           |
| Aspartic acid.....g                      | 2.446                                 |            | 0              | A          | 1           |   | 2.275     | 2.079     |           |
| Glutamic acid.....g                      | 4.009                                 |            | 0              | A          | 1           |   | 3.728     | 3.407     |           |
| Glycine.....g                            | 1.748                                 |            | 0              | A          | 1           |   | 1.626     | 1.486     |           |
| Proline.....g                            | 1.363                                 |            | 0              | A          | 1           |   | 1.268     | 1.159     |           |
| Serine.....g                             | 1.046                                 |            | 0              | A          | 1           |   | 0.973     | 0.889     |           |
| Hydroxyproline.....g                     | 0.467                                 |            | 0              | A          | 1           |   | 0.434     | 0.397     |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**NDB No. 05642**

**Ostrich, ground, cooked, pan-broiled**

**Common Measures:**

Measure 1 = 93g: 1 patty ( yield from 108.8 g raw meat )

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 05 Poultry Products

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**NDB No. 05641**  
**Ostrich, ground, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.654                                 |            | 0              | NC         | 4   |                 |           |           |           |
| 14:1.....g                               | 0.002                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 15:1.....g                               | 0.000                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.421                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 17:1.....g                               | 0.006                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.195                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 20:1.....g                               | 0.030                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |   |                 |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.910                                 |            | 0              | NC         | 4   |                 |           |           |           |
| 18:2 undifferentiated.....g              | 0.777                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 18:3 undifferentiated.....g              | 0.056                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 18:3i.....g                              |                                       |            |                |            |   |                 |           |           |           |
| 18:4.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.007                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 20:3 n-3.....g                           |                                       |            |                |            |   |                 |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 0              | BFFN       | 4   |                 |           |           |           |
| 20:4 n-3.....g                           |                                       |            |                |            |   |                 |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |   |                 |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |   |                 |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |   |                 |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 0              | BFYN       | 4   |                 |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.180                                 |            | 0              | A          | 1   |                 |           |           |           |
| Threonine.....g                          | 0.887                                 |            | 0              | A          | 1   |                 |           |           |           |
| Isoleucine.....g                         | 0.961                                 |            | 0              | A          | 1   |                 |           |           |           |
| Leucine.....g                            | 1.643                                 |            | 0              | A          | 1   |                 |           |           |           |
| Lysine.....g                             | 1.785                                 |            | 0              | A          | 1   |                 |           |           |           |
| Methionine.....g                         | 0.565                                 |            | 0              | A          | 1   |                 |           |           |           |
| Cystine.....g                            | 0.208                                 |            | 0              | A          | 1   |                 |           |           |           |
| Phenylalanine.....g                      | 0.834                                 |            | 0              | A          | 1   |                 |           |           |           |
| Tyrosine.....g                           | 0.657                                 |            | 0              | A          | 1   |                 |           |           |           |
| Valine.....g                             | 0.998                                 |            | 0              | A          | 1   |                 |           |           |           |
| Arginine.....g                           | 1.383                                 |            | 0              | A          | 1   |                 |           |           |           |
| Histidine.....g                          | 0.508                                 |            | 0              | A          | 1   |                 |           |           |           |
| Alanine.....g                            | 1.297                                 |            | 0              | A          | 1   |                 |           |           |           |
| Aspartic acid.....g                      | 1.891                                 |            | 0              | A          | 1   |                 |           |           |           |
| Glutamic acid.....g                      | 3.099                                 |            | 0              | A          | 1   |                 |           |           |           |
| Glycine.....g                            | 1.351                                 |            | 0              | A          | 1   |                 |           |           |           |
| Proline.....g                            | 1.054                                 |            | 0              | A          | 1   |                 |           |           |           |
| Serine.....g                             | 0.809                                 |            | 0              | A          | 1   |                 |           |           |           |
| Hydroxyproline.....g                     | 0.361                                 |            | 0              | A          | 1   |                 |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7   |                 |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7   |                 |           |           |           |

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

NDB No. 05641  
Ostrich, ground, raw  
Common Measures:

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
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**NDB No. 05645**  
**Ostrich, inside leg, cooked**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.670                                 |            | 0              | NC         | 4           |   | 0.570     |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.130                                 |            | 3              | A          | 1           |   | 0.111     |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.540                                 |            | 3              | A          | 1           |   | 0.459     |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.320                                 |            | 0              | NC         | 4           |   | 0.272     |           |           |
| 18:2 undifferentiated.....g              | 0.180                                 |            | 3              | A          | 1           |   | 0.153     |           |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 3              | A          | 1           |   | 0.009     |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.130                                 |            | 3              | A          | 1           |   | 0.111     |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 3              | A          | 1           |   | 62        |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| 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     |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

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

NDB No. 05645  
Ostrich, inside leg, cooked

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05644**  
**Ostrich, inside leg, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------------------------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence                         | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |                                    |           |           |           |
|  |                                       |            | Points  |       |        |                                    |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.600                                 |            | 0       | NC    | 4      |                                    | 0.510     |           |           |
| 14:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 16:1 undifferentiated.....g              | 0.120                                 |            | 3       | A     | 1      |                                    | 0.102     |           |           |
| 17:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 18:1 undifferentiated.....g              | 0.480                                 |            | 3       | A     | 1      |                                    | 0.408     |           |           |
| 20:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |         |       |        |                                    |           |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |                                    |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.380                                 |            | 0       | NC    | 4      |                                    | 0.323     |           |           |
| 18:2 undifferentiated.....g              | 0.220                                 |            | 3       | A     | 1      |                                    | 0.187     |           |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 3       | A     | 1      |                                    | 0.017     |           |           |
| 18:4.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |                                    |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |                                    |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 3       | A     | 1      |                                    | 0.119     |           |           |
| 20:5 n-3.....g                           |                                       |            |         |       |        |                                    |           |           |           |
| 22:5 n-3.....g                           |                                       |            |         |       |        |                                    |           |           |           |
| 22:6 n-3.....g                           |                                       |            |         |       |        |                                    |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |                                    |           |           |           |
| Cholesterol.....mg                       | 66                                    |            | 3       | A     | 1      |                                    | 56        |           |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |                                    |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |         |       |        |                                    |           |           |           |
| Tryptophan.....g                         | 0.200                                 |            | 0       | A     | 1      |                                    | 0.170     |           |           |
| Threonine.....g                          | 0.982                                 |            | 0       | A     | 1      |                                    | 0.835     |           |           |
| Isoleucine.....g                         | 1.064                                 |            | 0       | A     | 1      |                                    | 0.904     |           |           |
| Leucine.....g                            | 1.819                                 |            | 0       | A     | 1      |                                    | 1.546     |           |           |
| Lysine.....g                             | 1.977                                 |            | 0       | A     | 1      |                                    | 1.681     |           |           |
| Methionine.....g                         | 0.626                                 |            | 0       | A     | 1      |                                    | 0.532     |           |           |
| Cystine.....g                            | 0.230                                 |            | 0       | A     | 1      |                                    | 0.195     |           |           |
| Phenylalanine.....g                      | 0.924                                 |            | 0       | A     | 1      |                                    | 0.786     |           |           |
| Tyrosine.....g                           | 0.728                                 |            | 0       | A     | 1      |                                    | 0.619     |           |           |
| Valine.....g                             | 1.106                                 |            | 0       | A     | 1      |                                    | 0.940     |           |           |
| Arginine.....g                           | 1.531                                 |            | 0       | A     | 1      |                                    | 1.302     |           |           |
| Histidine.....g                          | 0.562                                 |            | 0       | A     | 1      |                                    | 0.478     |           |           |
| Alanine.....g                            | 1.437                                 |            | 0       | A     | 1      |                                    | 1.221     |           |           |
| Aspartic acid.....g                      | 2.094                                 |            | 0       | A     | 1      |                                    | 1.780     |           |           |
| Glutamic acid.....g                      | 3.432                                 |            | 0       | A     | 1      |                                    | 2.917     |           |           |
| Glycine.....g                            | 1.497                                 |            | 0       | A     | 1      |                                    | 1.272     |           |           |
| Proline.....g                            | 1.167                                 |            | 0       | A     | 1      |                                    | 0.992     |           |           |
| Serine.....g                             | 0.896                                 |            | 0       | A     | 1      |                                    | 0.761     |           |           |
| Hydroxyproline.....g                     | 0.400                                 |            | 0       | A     | 1      |                                    | 0.340     |           |           |
| <b><u>Others:</u></b>                    |                                       |            |         |       |        |                                    |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0       | Z     | 7      |                                    | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0       | Z     | 7      |                                    | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0       | Z     | 7      |                                    | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |         |       |        |                                    |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0       | Z     | 7      |                                    | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0       | Z     | 7      |                                    | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0       | Z     | 7      |                                    | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0       | Z     | 7      |                                    | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0       | Z     | 7      |                                    | 0.000     |           |           |

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

**Common Measures:**

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

NDB No. 05644  
Ostrich, inside leg, raw

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05647**  
**Ostrich, inside strip, cooked**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.740                                 |            | 0              | NC         | 4           |   | 1.479     |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.380                                 |            | 3              | A          | 1           |   | 0.323     |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.360                                 |            | 3              | A          | 1           |   | 1.156     |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.740                                 |            | 0              | NC         | 4           |   | 0.629     |           |           |
| 18:2 undifferentiated.....g              | 0.540                                 |            | 3              | A          | 1           |   | 0.459     |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 3              | A          | 1           |   | 0.034     |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 3              | A          | 1           |   | 0.136     |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 97                                    |            | 3              | A          | 1           |   | 82        |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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     |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

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



NDB No. 05647  
Ostrich, inside strip, cooked

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05646**  
**Ostrich, inside strip, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.179                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               | 0.005                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.270                                 | 0.019      | 9              | A          | 1           |   |           |           |           |
| 17:1.....g                               | 0.010                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.884                                 | 0.007      | 9              | A          | 1           |   |           |           |           |
| 20:1.....g                               | 0.010                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.591                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.461                                 | 0.026      | 9              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.052                                 | 0.011      | 9              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.002                                 | 0.002      | 6              | A          | 1           |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.065                                 | 0.047      | 9              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           | 0.011                                 | 0.006      | 6              | A          | 1           |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           | 0.000                                 | 0.000      | 6              | A          | 1           |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    | 1.685      | 9              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.211                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 1.039                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.126                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.925                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 2.092                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.662                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.243                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.978                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.770                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.170                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.620                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.595                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.520                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.216                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.632                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.584                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.235                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.948                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.423                                 |            | 0              | A          | 1           |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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

**Common Measures:**

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

**NDB No. 05646**  
**Ostrich, inside strip, raw**

**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05648**  
**Ostrich, outside leg, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.590                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.120                                 |            | 3              | A          | 1           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.470                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.430                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.260                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 65                                    |            | 3              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.204                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 1.003                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.086                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.857                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 2.019                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.639                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.235                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.944                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.743                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.129                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.563                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.574                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.467                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.138                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.504                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.528                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.192                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.915                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.408                                 |            | 0              | A          | 1           |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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

**Common Measures:**

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

**NDB No. 05648**  
**Ostrich, outside leg, raw**

**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Struthio camelus*

[illegible]



**NDB No. 05650**  
**Ostrich, outside strip, cooked**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.590                                 |            | 0              | NC         | 4           |   | 1.352     |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.310                                 |            | 3              | A          | 1           |   | 0.264     |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.280                                 |            | 3              | A          | 1           |   | 1.088     |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.440                                 |            | 0              | NC         | 4           |   | 0.374     |           |           |
| 18:2 undifferentiated.....g              | 0.340                                 |            | 3              | A          | 1           |   | 0.289     |           |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 3              | A          | 1           |   | 0.026     |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.070                                 |            | 3              | A          | 1           |   | 0.060     |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 93                                    |            | 3              | A          | 1           |   | 79        |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.255                                 |            | 0              | A          | 1           |   | 0.216     |           |           |
| Threonine.....g                          | 1.252                                 |            | 0              | A          | 1           |   | 1.064     |           |           |
| Isoleucine.....g                         | 1.356                                 |            | 0              | A          | 1           |   | 1.153     |           |           |
| Leucine.....g                            | 2.320                                 |            | 0              | A          | 1           |   | 1.972     |           |           |
| Lysine.....g                             | 2.521                                 |            | 0              | A          | 1           |   | 2.143     |           |           |
| Methionine.....g                         | 0.798                                 |            | 0              | A          | 1           |   | 0.678     |           |           |
| Cystine.....g                            | 0.293                                 |            | 0              | A          | 1           |   | 0.249     |           |           |
| Phenylalanine.....g                      | 1.178                                 |            | 0              | A          | 1           |   | 1.002     |           |           |
| Tyrosine.....g                           | 0.928                                 |            | 0              | A          | 1           |   | 0.789     |           |           |
| Valine.....g                             | 1.410                                 |            | 0              | A          | 1           |   | 1.198     |           |           |
| Arginine.....g                           | 1.952                                 |            | 0              | A          | 1           |   | 1.660     |           |           |
| Histidine.....g                          | 0.717                                 |            | 0              | A          | 1           |   | 0.610     |           |           |
| Alanine.....g                            | 1.832                                 |            | 0              | A          | 1           |   | 1.557     |           |           |
| Aspartic acid.....g                      | 2.670                                 |            | 0              | A          | 1           |   | 2.270     |           |           |
| Glutamic acid.....g                      | 4.377                                 |            | 0              | A          | 1           |   | 3.720     |           |           |
| Glycine.....g                            | 1.908                                 |            | 0              | A          | 1           |   | 1.622     |           |           |
| Proline.....g                            | 1.488                                 |            | 0              | A          | 1           |   | 1.265     |           |           |
| Serine.....g                             | 1.142                                 |            | 0              | A          | 1           |   | 0.971     |           |           |
| Hydroxyproline.....g                     | 0.509                                 |            | 0              | A          | 1           |   | 0.433     |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

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

NDB No. 05650  
Ostrich, outside strip, cooked

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05649**  
**Ostrich, outside strip, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.874                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               | 0.004                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.162                                 | 0.079      | 9              | A          | 1           |   |           |           |           |
| 17:1.....g                               | 0.001                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.697                                 | 0.154      | 9              | A          | 1           |   |           |           |           |
| 20:1.....g                               | 0.010                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.462                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.348                                 | 0.057      | 9              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.044                                 | 0.007      | 9              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       | 0.001                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 | 0.045      | 9              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           | 0.008                                 | 0.005      | 6              | A          | 1           |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           | 0.001                                 | 0.001      | 6              | A          | 1           |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 79                                    | 1.889      | 9              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.208                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 1.025                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.110                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.898                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 2.063                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.653                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.240                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.964                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.760                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.154                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.598                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.587                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.499                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.185                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.581                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.562                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.218                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.935                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.417                                 |            | 0              | A          | 1           |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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

**Common Measures:**

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

**NDB No. 05649**  
**Ostrich, outside strip, raw**

**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05652**  
**Ostrich, oyster, cooked**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.450                                 |            | 0              | NC         | 4           |   | 1.233     |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.240                                 |            | 3              | A          | 1           |   | 0.204     |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.210                                 |            | 3              | A          | 1           |   | 1.029     |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.510                                 |            | 0              | NC         | 4           |   | 0.434     |           |           |
| 18:2 undifferentiated.....g              | 0.360                                 |            | 3              | A          | 1           |   | 0.306     |           |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 3              | A          | 1           |   | 0.026     |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 3              | A          | 1           |   | 0.102     |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 90                                    |            | 3              | A          | 1           |   | 77        |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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     |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

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

NDB No. 05652  
Ostrich, oyster, cooked

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 05651**  
**Ostrich, oyster, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.250                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.330                                 |            | 3              | A          | 1           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.920                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.610                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.430                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c.c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 3              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.192                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.945                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.024                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.751                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.903                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.602                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.221                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.889                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.701                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.064                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.474                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.541                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.383                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.016                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.303                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.440                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.123                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.862                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.385                                 |            | 0              | A          | 1           |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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**Common Measures:**

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

**NDB No. 05651**  
**Ostrich, oyster, raw**

**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 05653**  
**Ostrich, round, raw**  
*Struthio camelus*

**Refuse: 0%**

[illegible]

**NDB No. 05653**  
**Ostrich, round, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.850                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.170                                 |            | 3              | A          | 1           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.680                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.520                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.330                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 3              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.196                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.965                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.045                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.787                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.942                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.615                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.226                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.908                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.715                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.086                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.504                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.552                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.411                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.057                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.371                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.470                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.146                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.880                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.392                                 |            | 0              | A          | 1           |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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

**Common Measures:**

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

**NDB No. 05653**  
**Ostrich, round, raw**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05654**  
**Ostrich, tenderloin, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.230                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.240                                 |            | 3              | A          | 1           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.990                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.750                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.480                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.230                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 80                                    |            | 3              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.197                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.968                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.049                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.793                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.949                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.617                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.227                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.911                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.718                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.090                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.509                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.554                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.416                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.064                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.383                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.475                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.151                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.883                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.394                                 |            | 0              | A          | 1           |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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

**Common Measures:**

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



**NDB No. 05654**  
**Ostrich, tenderloin, raw**

**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05656**  
**Ostrich, tip trimmed, cooked**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.970                                 |            | 0              | NC         | 4           |   | 0.825     |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.210                                 |            | 3              | A          | 1           |   | 0.179     |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.760                                 |            | 3              | A          | 1           |   | 0.646     |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.440                                 |            | 0              | NC         | 4           |   | 0.374     |           |           |
| 18:2 undifferentiated.....g              | 0.300                                 |            | 3              | A          | 1           |   | 0.255     |           |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 3              | A          | 1           |   | 0.017     |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 3              | A          | 1           |   | 0.102     |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 85                                    |            | 3              | A          | 1           |   | 72        |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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     |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     |           |           |

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

**Common Measures:**

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

NDB No. 05656  
Ostrich, tip trimmed, cooked

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

[illegible]

**NDB No. 05655**  
**Ostrich, tip trimmed, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.790                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.210                                 |            | 3              | A          | 1           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.580                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.450                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.290                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 72                                    |            | 3              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.195                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.958                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.038                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.775                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.929                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.611                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.224                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.902                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.711                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.079                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.494                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.549                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.402                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.044                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.349                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.461                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.139                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.874                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.390                                 |            | 0              | A          | 1           |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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

**Common Measures:**

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

**NDB No. 05655**  
**Ostrich, tip trimmed, raw**

**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 05658**  
**Ostrich, top loin, cooked**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.270                                 |            | 0              | NC    | 4      |   | 1.080     |           |           |
| 14:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.250                                 |            | 3              | A     | 1      |   | 0.213     |           |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.020                                 |            | 3              | A     | 1      |   | 0.867     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.380                                 |            | 0              | NC    | 4      |   | 0.323     |           |           |
| 18:2 undifferentiated.....g              | 0.280                                 |            | 3              | A     | 1      |   | 0.238     |           |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 3              | A     | 1      |   | 0.017     |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 3              | A     | 1      |   | 0.068     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Fatty acids, total trans.....g           | 0.128                                 |            | 0              | BFFN  | 4      |   | 0.108     |           |           |
| Cholesterol.....mg                       | 93                                    |            | 3              | A     | 1      |   | 79        |           |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| 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     |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z     | 7      |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     |           |           |

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

**Common Measures:**

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

NDB No. 05658  
Ostrich, top loin, cooked

Calories Factors: Protein 4.27      Fat 9.02      Carbohydrate 3.87      Food Group: 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05657**  
**Ostrich, top loin, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.060                                 |            | 0              | NC         | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.330                                 |            | 3              | A          | 1           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.730                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.580                                 |            | 0              | NC         | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 0.380                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 3              | A          | 1           |   |           |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 3              | A          | 1           |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 75                                    |            | 3              | A          | 1           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.193                                 |            | 0              | A          | 1           |   |           |           |           |
| Threonine.....g                          | 0.951                                 |            | 0              | A          | 1           |   |           |           |           |
| Isoleucine.....g                         | 1.030                                 |            | 0              | A          | 1           |   |           |           |           |
| Leucine.....g                            | 1.761                                 |            | 0              | A          | 1           |   |           |           |           |
| Lysine.....g                             | 1.914                                 |            | 0              | A          | 1           |   |           |           |           |
| Methionine.....g                         | 0.606                                 |            | 0              | A          | 1           |   |           |           |           |
| Cystine.....g                            | 0.223                                 |            | 0              | A          | 1           |   |           |           |           |
| Phenylalanine.....g                      | 0.894                                 |            | 0              | A          | 1           |   |           |           |           |
| Tyrosine.....g                           | 0.705                                 |            | 0              | A          | 1           |   |           |           |           |
| Valine.....g                             | 1.070                                 |            | 0              | A          | 1           |   |           |           |           |
| Arginine.....g                           | 1.482                                 |            | 0              | A          | 1           |   |           |           |           |
| Histidine.....g                          | 0.544                                 |            | 0              | A          | 1           |   |           |           |           |
| Alanine.....g                            | 1.390                                 |            | 0              | A          | 1           |   |           |           |           |
| Aspartic acid.....g                      | 2.027                                 |            | 0              | A          | 1           |   |           |           |           |
| Glutamic acid.....g                      | 3.322                                 |            | 0              | A          | 1           |   |           |           |           |
| Glycine.....g                            | 1.448                                 |            | 0              | A          | 1           |   |           |           |           |
| Proline.....g                            | 1.130                                 |            | 0              | A          | 1           |   |           |           |           |
| Serine.....g                             | 0.867                                 |            | 0              | A          | 1           |   |           |           |           |
| Hydroxyproline.....g                     | 0.387                                 |            | 0              | A          | 1           |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z          | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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**Common Measures:**

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

**NDB No. 05657**  
**Ostrich, top loin, raw**

**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05282

Pate de foie gras, canned (goose liver pate), smoked

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 25.610                                |            | 0              |            | 4           |   | 3.329     | 7.260     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.400                                 |            | 0              |            | 4           |   | 0.182     | 0.397     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 24.040                                |            | 0              |            | 4           |   | 3.125     | 6.815     |           |
| 20:1.....g                               | 0.130                                 |            | 0              |            | 4           |   | 0.017     | 0.037     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.840                                 |            | 0              |            | 4           |   | 0.109     | 0.238     |           |
| 18:2 undifferentiated.....g              | 0.570                                 |            | 0              |            | 4           |   | 0.074     | 0.162     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0              |            | 4           |   | 0.001     | 0.003     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.250                                 |            | 0              |            | 4           |   | 0.033     | 0.071     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 150                                   |            | 1              |            | 1           |   | 20        | 43        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.161                                 |            | 0              |            | 4           |   | 0.021     | 0.046     |           |
| Threonine.....g                          | 0.507                                 |            | 0              |            | 4           |   | 0.066     | 0.144     |           |
| Isoleucine.....g                         | 0.606                                 |            | 0              |            | 4           |   | 0.079     | 0.172     |           |
| Leucine.....g                            | 1.029                                 |            | 0              |            | 4           |   | 0.134     | 0.292     |           |
| Lysine.....g                             | 0.863                                 |            | 0              |            | 4           |   | 0.112     | 0.245     |           |
| Methionine.....g                         | 0.270                                 |            | 0              |            | 4           |   | 0.035     | 0.077     |           |
| Cystine.....g                            | 0.153                                 |            | 0              |            | 4           |   | 0.020     | 0.043     |           |
| Phenylalanine.....g                      | 0.567                                 |            | 0              |            | 4           |   | 0.074     | 0.161     |           |
| Tyrosine.....g                           | 0.401                                 |            | 0              |            | 4           |   | 0.052     | 0.114     |           |
| Valine.....g                             | 0.719                                 |            | 0              |            | 4           |   | 0.093     | 0.204     |           |
| Arginine.....g                           | 0.699                                 |            | 0              |            | 4           |   | 0.091     | 0.198     |           |
| Histidine.....g                          | 0.303                                 |            | 0              |            | 4           |   | 0.039     | 0.086     |           |
| Alanine.....g                            | 0.662                                 |            | 0              |            | 4           |   | 0.086     | 0.188     |           |
| Aspartic acid.....g                      | 1.083                                 |            | 0              |            | 4           |   | 0.141     | 0.307     |           |
| Glutamic acid.....g                      | 1.477                                 |            | 0              |            | 4           |   | 0.192     | 0.419     |           |
| Glycine.....g                            | 0.662                                 |            | 0              |            | 4           |   | 0.086     | 0.188     |           |
| Proline.....g                            | 0.565                                 |            | 0              |            | 4           |   | 0.073     | 0.160     |           |
| Serine.....g                             | 0.491                                 |            | 0              |            | 4           |   | 0.064     | 0.139     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 05155**  
**Pheasant, breast, 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         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.040                                 |            | 0              |       | 1   |            | 1.758     | 1.893     |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 0.180                                 |            | 1              |       | 1   |            | 0.304     | 0.328     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 0.860                                 |            | 1              |       | 1   |            | 1.453     | 1.565     |           |
| 20:1.....g                               | 0.000                                 |            | 1              |       | 1   |            | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.550                                 |            | 0              |       | 1   |            | 0.930     | 1.001     |           |
| 18:2 undifferentiated.....g              | 0.480                                 |            | 1              |       | 1   |            | 0.811     | 0.874     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 1              |       | 1   |            | 0.118     | 0.127     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 58                                    |            | 0              |       | 4   |            | 98        | 106       |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |       |   |            |           |           |           |
| Tryptophan.....g                         | 0.339                                 |            | 0              |       | 1   |            | 0.573     | 0.617     |           |
| Threonine.....g                          | 1.220                                 |            | 0              |       | 1   |            | 2.062     | 2.220     |           |
| Isoleucine.....g                         | 1.369                                 |            | 0              |       | 1   |            | 2.314     | 2.492     |           |
| Leucine.....g                            | 2.063                                 |            | 0              |       | 1   |            | 3.486     | 3.755     |           |
| Lysine.....g                             | 2.230                                 |            | 0              |       | 1   |            | 3.769     | 4.059     |           |
| Methionine.....g                         | 0.710                                 |            | 0              |       | 1   |            | 1.200     | 1.292     |           |
| Cystine.....g                            | 0.320                                 |            | 0              |       | 1   |            | 0.541     | 0.582     |           |
| Phenylalanine.....g                      | 0.951                                 |            | 0              |       | 1   |            | 1.607     | 1.731     |           |
| Tyrosine.....g                           | 0.799                                 |            | 0              |       | 1   |            | 1.350     | 1.454     |           |
| Valine.....g                             | 1.349                                 |            | 0              |       | 1   |            | 2.280     | 2.455     |           |
| Arginine.....g                           | 1.482                                 |            | 0              |       | 1   |            | 2.505     | 2.697     |           |
| Histidine.....g                          | 0.971                                 |            | 0              |       | 1   |            | 1.641     | 1.767     |           |
| Alanine.....g                            | 1.470                                 |            | 0              |       | 1   |            | 2.484     | 2.675     |           |
| Aspartic acid.....g                      | 2.363                                 |            | 0              |       | 1   |            | 3.993     | 4.301     |           |
| Glutamic acid.....g                      | 3.603                                 |            | 0              |       | 1   |            | 6.089     | 6.557     |           |
| Glycine.....g                            | 1.080                                 |            | 0              |       | 1   |            | 1.825     | 1.966     |           |
| Proline.....g                            | 0.889                                 |            | 0              |       | 1   |            | 1.502     | 1.618     |           |
| Serine.....g                             | 1.049                                 |            | 0              |       | 1   |            | 1.773     | 1.909     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |   |            |           |           |           |

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

**Common Measures:**

Measure 1 = 169g: 1 unit (yield from 1 lb ready-to-eat pheasant)

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

[illegible]

**NDB No. 43283**  
**Pheasant, cooked, total edible**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code                                  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.627                                 |            |                          |               | 4              |   | 7.878     |           |           |
| 14:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.055                                 |            |                          |               | 4              |   | 1.477     |           |           |
| 17:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.012                                 |            |                          |               | 4              |   | 5.617     |           |           |
| 20:1.....g                               | 0.013                                 |            |                          |               | 4              |   | 0.018     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                          |               | 4              |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.537                                 |            |                          |               | 4              |   | 2.152     |           |           |
| 18:2 undifferentiated.....g              | 1.055                                 |            |                          |               | 4              |   | 1.477     |           |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            |                          |               | 4              |   | 0.182     |           |           |
| 18:4.....g                               | 0.000                                 |            |                          |               | 4              |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            |                          |               | 4              |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            |                          |               | 4              |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            |                          |               | 4              |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            |                          |               | 4              |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |   |           |           |           |
| Cholesterol.....mg                       | 89                                    |            |                          |               | 4              |   | 125       |           |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                          |               | 7              |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                        | Z             | 7              |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                        | Z             | 7              |   | 0         |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                          |               |                |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                        | Z             | 7              |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                        | Z             | 7              |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                        | Z             | 7              |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0                        | Z             | 7              |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                        | Z             | 7              |   | 0.000     |           |           |

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

**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |                               |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-------------------------------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code |                               |
|  |                                       |            |                       |            |   |                 |                               |
|  |                                       |            |                       |            |   |                 | Measure 1 Measure 2 Measure 3 |
| Fatty acids, total monounsaturated.....g | 1.380                                 |            | 0                     |            | 1   |                 | 1.366 1.477                   |
| 14:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 15:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 16:1 undifferentiated.....g              | 0.240                                 |            | 0                     |            | 1   |                 | 0.238 0.257                   |
| 17:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 18:1 undifferentiated.....g              | 1.140                                 |            | 0                     |            | 1   |                 | 1.129 1.220                   |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000 0.000                   |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000 0.000                   |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |                               |
| Fatty acids, total polyunsaturated.....g | 0.730                                 |            | 0                     |            | 1   |                 | 0.723 0.781                   |
| 18:2 undifferentiated.....g              | 0.640                                 |            | 0                     |            | 1   |                 | 0.634 0.685                   |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1   |                 | 0.089 0.096                   |
| 18:4.....g                               |                                       |            |                       |            |   |                 |                               |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |                               |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |                               |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000 0.000                   |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000 0.000                   |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000 0.000                   |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000 0.000                   |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |                               |
| Cholesterol.....mg                       | 80                                    |            | 0                     |            | 4   |                 | 79 86                         |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |                               |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |                               |
| Tryptophan.....g                         | 0.309                                 |            | 0                     |            | 1   |                 | 0.306 0.331                   |
| Threonine.....g                          | 1.112                                 |            | 0                     |            | 1   |                 | 1.101 1.190                   |
| Isoleucine.....g                         | 1.247                                 |            | 0                     |            | 1   |                 | 1.235 1.334                   |
| Leucine.....g                            | 1.879                                 |            | 0                     |            | 1   |                 | 1.860 2.011                   |
| Lysine.....g                             | 2.032                                 |            | 0                     |            | 1   |                 | 2.012 2.174                   |
| Methionine.....g                         | 0.646                                 |            | 0                     |            | 1   |                 | 0.640 0.691                   |
| Cystine.....g                            | 0.291                                 |            | 0                     |            | 1   |                 | 0.288 0.311                   |
| Phenylalanine.....g                      | 0.867                                 |            | 0                     |            | 1   |                 | 0.858 0.928                   |
| Tyrosine.....g                           | 0.728                                 |            | 0                     |            | 1   |                 | 0.721 0.779                   |
| Valine.....g                             | 1.229                                 |            | 0                     |            | 1   |                 | 1.217 1.315                   |
| Arginine.....g                           | 1.350                                 |            | 0                     |            | 1   |                 | 1.337 1.445                   |
| Histidine.....g                          | 0.884                                 |            | 0                     |            | 1   |                 | 0.875 0.946                   |
| Alanine.....g                            | 1.339                                 |            | 0                     |            | 1   |                 | 1.326 1.433                   |
| Aspartic acid.....g                      | 2.153                                 |            | 0                     |            | 1   |                 | 2.131 2.304                   |
| Glutamic acid.....g                      | 3.282                                 |            | 0                     |            | 1   |                 | 3.249 3.512                   |
| Glycine.....g                            | 0.984                                 |            | 0                     |            | 1   |                 | 0.974 1.053                   |
| Proline.....g                            | 0.810                                 |            | 0                     |            | 1   |                 | 0.802 0.867                   |
| Serine.....g                             | 0.955                                 |            | 0                     |            | 1   |                 | 0.945 1.022                   |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |                               |

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

**Common Measures:**

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 107g: 1 leg, bone and skin removed

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05153**  
**Pheasant, raw, meat and 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 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.320                                 |            | 0                     |            | 1           |   | 16.027    | 17.280    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.810                                 |            | 0                     |            | 1           |   | 3.005     | 3.240     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.080                                 |            | 0                     |            | 1           |   | 11.427    | 12.320    |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.037     | 0.040     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.180                                 |            | 0                     |            | 1           |   | 4.378     | 4.720     |           |
| 18:2 undifferentiated.....g              | 0.810                                 |            | 0                     |            | 1           |   | 3.005     | 3.240     |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1           |   | 0.371     | 0.400     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 71                                    |            | 0                     |            | 4           |   | 263       | 284       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.304                                 |            | 0                     |            | 1           |   | 1.128     | 1.216     |           |
| Threonine.....g                          | 1.108                                 |            | 0                     |            | 1           |   | 4.111     | 4.432     |           |
| Isoleucine.....g                         | 1.228                                 |            | 0                     |            | 1           |   | 4.556     | 4.912     |           |
| Leucine.....g                            | 1.870                                 |            | 0                     |            | 1           |   | 6.938     | 7.480     |           |
| Lysine.....g                             | 2.015                                 |            | 0                     |            | 1           |   | 7.476     | 8.060     |           |
| Methionine.....g                         | 0.643                                 |            | 0                     |            | 1           |   | 2.386     | 2.572     |           |
| Cystine.....g                            | 0.305                                 |            | 0                     |            | 1           |   | 1.132     | 1.220     |           |
| Phenylalanine.....g                      | 0.876                                 |            | 0                     |            | 1           |   | 3.250     | 3.504     |           |
| Tyrosine.....g                           | 0.724                                 |            | 0                     |            | 1           |   | 2.686     | 2.896     |           |
| Valine.....g                             | 1.230                                 |            | 0                     |            | 1           |   | 4.563     | 4.920     |           |
| Arginine.....g                           | 1.412                                 |            | 0                     |            | 1           |   | 5.239     | 5.648     |           |
| Histidine.....g                          | 0.864                                 |            | 0                     |            | 1           |   | 3.205     | 3.456     |           |
| Alanine.....g                            | 1.410                                 |            | 0                     |            | 1           |   | 5.231     | 5.640     |           |
| Aspartic acid.....g                      | 2.186                                 |            | 0                     |            | 1           |   | 8.110     | 8.744     |           |
| Glutamic acid.....g                      | 3.309                                 |            | 0                     |            | 1           |   | 12.276    | 13.236    |           |
| Glycine.....g                            | 1.231                                 |            | 0                     |            | 1           |   | 4.567     | 4.924     |           |
| Proline.....g                            | 0.939                                 |            | 0                     |            | 1           |   | 3.484     | 3.756     |           |
| Serine.....g                             | 0.972                                 |            | 0                     |            | 1           |   | 3.606     | 3.888     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | z          | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                       |            |             |   |           |           |           |
| Theobromine.....mg                       |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 371g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 400g: .5 pheasant

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 05154**  
**Pheasant, raw, meat only**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.170                                 |            | 0                     |            | 1           |   | 3.814     | 4.118     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.200                                 |            | 0                     |            | 1           |   | 0.652     | 0.704     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.960                                 |            | 0                     |            | 1           |   | 3.130     | 3.379     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.620                                 |            | 0                     |            | 1           |   | 2.021     | 2.182     |           |
| 18:2 undifferentiated.....g              | 0.540                                 |            | 0                     |            | 1           |   | 1.760     | 1.901     |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 1           |   | 0.261     | 0.282     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 66                                    |            | 0                     |            | 4           |   | 215       | 232       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.328                                 |            | 0                     |            | 1           |   | 1.069     | 1.155     |           |
| Threonine.....g                          | 1.180                                 |            | 0                     |            | 1           |   | 3.847     | 4.154     |           |
| Isoleucine.....g                         | 1.324                                 |            | 0                     |            | 1           |   | 4.316     | 4.660     |           |
| Leucine.....g                            | 1.995                                 |            | 0                     |            | 1           |   | 6.504     | 7.022     |           |
| Lysine.....g                             | 2.157                                 |            | 0                     |            | 1           |   | 7.032     | 7.593     |           |
| Methionine.....g                         | 0.686                                 |            | 0                     |            | 1           |   | 2.236     | 2.415     |           |
| Cystine.....g                            | 0.309                                 |            | 0                     |            | 1           |   | 1.007     | 1.088     |           |
| Phenylalanine.....g                      | 0.920                                 |            | 0                     |            | 1           |   | 2.999     | 3.238     |           |
| Tyrosine.....g                           | 0.773                                 |            | 0                     |            | 1           |   | 2.520     | 2.721     |           |
| Valine.....g                             | 1.305                                 |            | 0                     |            | 1           |   | 4.254     | 4.594     |           |
| Arginine.....g                           | 1.433                                 |            | 0                     |            | 1           |   | 4.672     | 5.044     |           |
| Histidine.....g                          | 0.939                                 |            | 0                     |            | 1           |   | 3.061     | 3.305     |           |
| Alanine.....g                            | 1.422                                 |            | 0                     |            | 1           |   | 4.636     | 5.005     |           |
| Aspartic acid.....g                      | 2.285                                 |            | 0                     |            | 1           |   | 7.449     | 8.043     |           |
| Glutamic acid.....g                      | 3.484                                 |            | 0                     |            | 1           |   | 11.358    | 12.264    |           |
| Glycine.....g                            | 1.044                                 |            | 0                     |            | 1           |   | 3.403     | 3.675     |           |
| Proline.....g                            | 0.860                                 |            | 0                     |            | 1           |   | 2.804     | 3.027     |           |
| Serine.....g                             | 1.014                                 |            | 0                     |            | 1           |   | 3.306     | 3.569     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 326g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 352g: .5 pheasant

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05306

Poultry food products, ground turkey, cooked

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.890                                 |            | 0                     |            | 1           |   | 4.010     | 16.137    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.580                                 |            | 8                     |            | 1           |   | 0.476     | 1.914     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.250                                 |            | 8                     |            | 1           |   | 3.485     | 14.025    |           |
| 20:1.....g                               | 0.040                                 |            | 8                     |            | 1           |   | 0.033     | 0.132     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 8                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.230                                 |            | 0                     |            | 1           |   | 2.649     | 10.659    |           |
| 18:2 undifferentiated.....g              | 2.910                                 |            | 8                     |            | 1           |   | 2.386     | 9.603     |           |
| 18:3 undifferentiated.....g              | 0.150                                 |            | 8                     |            | 1           |   | 0.123     | 0.495     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 8                     |            | 1           |   | 0.098     | 0.396     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 | 0.000      | 8                     |            | 1           |   | 0.016     | 0.066     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 8                     |            | 1           |   | 0.025     | 0.099     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 102                                   | 5.616      | 16                    |            | 1           |   | 84        | 337       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.306                                 |            | 0                     |            | 1           |   | 0.251     | 1.010     |           |
| Threonine.....g                          | 1.204                                 |            | 0                     |            | 1           |   | 0.987     | 3.973     |           |
| Isoleucine.....g                         | 1.405                                 |            | 0                     |            | 1           |   | 1.152     | 4.637     |           |
| Leucine.....g                            | 2.154                                 |            | 0                     |            | 1           |   | 1.766     | 7.108     |           |
| Lysine.....g                             | 2.548                                 |            | 0                     |            | 1           |   | 2.089     | 8.408     |           |
| Methionine.....g                         | 0.784                                 |            | 0                     |            | 1           |   | 0.643     | 2.587     |           |
| Cystine.....g                            | 0.280                                 |            | 0                     |            | 1           |   | 0.230     | 0.924     |           |
| Phenylalanine.....g                      | 1.073                                 |            | 0                     |            | 1           |   | 0.880     | 3.541     |           |
| Tyrosine.....g                           | 1.068                                 |            | 0                     |            | 1           |   | 0.876     | 3.524     |           |
| Valine.....g                             | 1.436                                 |            | 0                     |            | 1           |   | 1.178     | 4.739     |           |
| Arginine.....g                           | 1.887                                 |            | 0                     |            | 1           |   | 1.547     | 6.227     |           |
| Histidine.....g                          | 0.845                                 |            | 0                     |            | 1           |   | 0.693     | 2.789     |           |
| Alanine.....g                            | 1.672                                 |            | 0                     |            | 1           |   | 1.371     | 5.518     |           |
| Aspartic acid.....g                      | 2.627                                 |            | 0                     |            | 1           |   | 2.154     | 8.669     |           |
| Glutamic acid.....g                      | 4.413                                 |            | 0                     |            | 1           |   | 3.619     | 14.563    |           |
| Glycine.....g                            | 1.340                                 |            | 0                     |            | 1           |   | 1.099     | 4.422     |           |
| Proline.....g                            | 1.125                                 |            | 0                     |            | 1           |   | 0.923     | 3.713     |           |
| Serine.....g                             | 1.204                                 |            | 0                     |            | 1           |   | 0.987     | 3.973     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 82g: 1 patty (4 oz, raw) (yield after cooking)

Measure 2 = 330g: 1 unit, yield from 1 lb raw

**NDB No. 05306**  
**Poultry food products, ground turkey, cooked**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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**NDB No. 05305**  
**Poultry food products, ground turkey, raw**

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| Water.....g                           | 71.97                                 | 0.676      | 29                    |            | 1           |   | 326.46    | 82.05     |           |
| Energy.....kcal                       | 149                                   |            | 0                     | NC         | 4           |   | 676       | 170       |           |
| Energy.....kj                         | 623                                   |            | 0                     |            | 4           |   | 2828      | 711       |           |
| Protein (N x 6.25).....g              | 17.46                                 | 0.304      | 8                     |            | 1           |   | 79.20     | 19.90     |           |
| Total lipid (fat).....g               | 8.26                                  | 0.440      | 28                    |            | 1           |   | 37.47     | 9.42      |           |
| Ash.....g                             | 0.87                                  | 0.041      | 8                     |            | 1           |   | 3.95      | 0.99      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 13                                    |            | 0                     |            | 1           |   | 59        | 15        |           |
| Iron, Fe.....mg                       | 1.25                                  |            | 0                     |            | 1           |   | 5.67      | 1.43      |           |
| Magnesium, Mg.....mg                  | 19                                    |            | 0                     |            | 1           |   | 86        | 22        |           |
| Phosphorus, P.....mg                  | 156                                   |            | 0                     |            | 1           |   | 708       | 178       |           |
| Potassium, K.....mg                   | 233                                   |            | 0                     |            | 1           |   | 1057      | 266       |           |
| Sodium, Na.....mg                     | 94                                    | 4.725      | 8                     |            | 1           |   | 426       | 107       |           |
| Zinc, Zn.....mg                       | 1.93                                  |            | 0                     |            | 1           |   | 8.75      | 2.20      |           |
| Copper, Cu.....mg                     | 0.090                                 |            | 0                     |            | 1           |   | 0.408     | 0.103     |           |
| Manganese, Mn.....mg                  | 0.018                                 |            | 0                     |            | 1           |   | 0.082     | 0.021     |           |
| Selenium, Se.....mcg                  | 18.9                                  |            | 0                     | BFNN       | 4           |   | 85.7      | 21.5      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.055                                 |            | 0                     |            | 1           |   | 0.249     | 0.063     |           |
| Riboflavin.....mg                     | 0.133                                 |            | 0                     |            | 1           |   | 0.603     | 0.152     |           |
| Niacin.....mg                         | 3.493                                 |            | 0                     |            | 1           |   | 15.844    | 3.982     |           |
| Pantothenic acid.....mg               | 0.690                                 |            | 0                     |            | 1           |   | 3.130     | 0.787     |           |
| Vitamin B-6.....mg                    | 0.350                                 |            | 0                     |            | 1           |   | 1.588     | 0.399     |           |
| Folate, total.....mcg                 | 7                                     |            | 0                     |            | 1           |   | 32        | 8         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 7                                     |            | 0                     |            | 1           |   | 32        | 8         |           |
| Folate, DFE.....mcg_DFE               | 7                                     |            | 0                     | NC         | 4           |   | 32        | 8         |           |
| Vitamin B-12.....mcg                  | 0.34                                  |            | 0                     |            | 1           |   | 1.54      | 0.39      |           |
| Vitamin A, IU.....IU                  | 5                                     |            | 0                     | NC         | 4           |   | 23        | 6         |           |
| Vitamin A, RAE.....mcg_RAE            | 2                                     |            | 0                     | NC         | 4           |   | 7         | 2         |           |
| Retinol.....mcg                       | 2                                     |            | 0                     | NR         | 4           |   | 7         | 2         |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.35                                  |            | 0                     | NR         | 4           |   | 1.61      | 0.40      |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.6                                   |            | 0                     | CASN       | 4           |   | 2.9       | 0.7       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 2.250                                 |            | 0                     |            | 1           |   | 10.206    | 2.565     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 20                    |            | 1           |   | 0.045     | 0.011     |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.080                                 |            | 20                    |            | 1           |   | 0.363     | 0.091     |           |
| 15:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 16:0.....g                            | 1.560                                 |            | 20                    |            | 1           |   | 7.076     | 1.778     |           |
| 17:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 18:0.....g                            | 0.600                                 |            | 20                    |            | 1           |   | 2.722     | 0.684     |           |
| 20:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |   |           |           |           |

NDB No. 05305

Poultry food products, ground turkey, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 3.100                                 |            | 0                     |            | 1           |                 | 14.062  | 3.534     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.330                                 |            | 20                    |            | 1           |                 | 1.497   | 0.376     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 2.740                                 |            | 20                    |            | 1           |                 | 12.429  | 3.124     |           |
| 20:1.....g                               | 0.020                                 |            | 20                    |            | 1           |                 | 0.091   | 0.023     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 20                    |            | 1           |                 | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 2.000                                 |            | 0                     |            | 1           |                 | 9.072   | 2.280     |           |
| 18:2 undifferentiated.....g              | 1.800                                 |            | 20                    |            | 1           |                 | 8.165   | 2.052     |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 20                    |            | 1           |                 | 0.408   | 0.103     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 20                    |            | 1           |                 | 0.408   | 0.103     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 | 0.000      | 20                    |            | 1           |                 | 0.045   | 0.011     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 20                    |            | 1           |                 | 0.045   | 0.011     |           |
| Fatty acids, total trans.....g           | 0.274                                 |            | 0                     | BFFN       | 4           |                 | 1.241   | 0.312     |           |
| Cholesterol.....mg                       | 79                                    | 1.758      | 28                    |            | 1           |                 | 358   | 90        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.196                                 |            | 0                     |            | 1           |                 | 0.889   | 0.223     |           |
| Threonine.....g                          | 0.768                                 |            | 0                     |            | 1           |                 | 3.484   | 0.876     |           |
| Isoleucine.....g                         | 0.897                                 |            | 0                     |            | 1           |                 | 4.069   | 1.023     |           |
| Leucine.....g                            | 1.375                                 |            | 0                     |            | 1           |                 | 6.237   | 1.568     |           |
| Lysine.....g                             | 1.626                                 |            | 0                     |            | 1           |                 | 7.376   | 1.854     |           |
| Methionine.....g                         | 0.500                                 |            | 0                     |            | 1           |                 | 2.268   | 0.570     |           |
| Cystine.....g                            | 0.179                                 |            | 0                     |            | 1           |                 | 0.812   | 0.204     |           |
| Phenylalanine.....g                      | 0.685                                 |            | 0                     |            | 1           |                 | 3.107   | 0.781     |           |
| Tyrosine.....g                           | 0.682                                 |            | 0                     |            | 1           |                 | 3.094   | 0.777     |           |
| Valine.....g                             | 0.916                                 |            | 0                     |            | 1           |                 | 4.155   | 1.044     |           |
| Arginine.....g                           | 1.204                                 |            | 0                     |            | 1           |                 | 5.461   | 1.373     |           |
| Histidine.....g                          | 0.539                                 |            | 0                     |            | 1           |                 | 2.445   | 0.614     |           |
| Alanine.....g                            | 1.067                                 |            | 0                     |            | 1           |                 | 4.840   | 1.216     |           |
| Aspartic acid.....g                      | 1.676                                 |            | 0                     |            | 1           |                 | 7.602   | 1.911     |           |
| Glutamic acid.....g                      | 2.816                                 |            | 0                     |            | 1           |                 | 12.773  | 3.210     |           |
| Glycine.....g                            | 0.855                                 |            | 0                     |            | 1           |                 | 3.878   | 0.975     |           |
| Proline.....g                            | 0.718                                 |            | 0                     |            | 1           |                 | 3.257   | 0.819     |           |
| Serine.....g                             | 0.768                                 |            | 0                     |            | 1           |                 | 3.484   | 0.876     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |                 | 0.000   | 0.000     |           |

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

**Common Measures:**

Measure 1 = 453.6g: 1 lb

Measure 2 = 114g: 1 patty, 4 oz

NDB No. 05305  
Poultry food products, ground turkey, raw

Calories Factors: Protein 4.27                      Fat 9.02                      Carbohydrate 3.87                      Food Group: 05 Poultry Products  
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NDB No. 05301

Poultry, mechanically deboned, from backs and necks with 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         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 10.440                                |            | 0              |            | 1   |                 | 23.699    |           |           |
| 14:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.550                                 |            | 7              |            | 1   |                 | 1.249     |           |           |
| 17:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 9.870                                 |            | 7              |            | 1   |                 | 22.405    |           |           |
| 20:1.....g                               | 0.000                                 |            | 0              |            | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.960                                 |            | 0              |            | 1   |                 | 11.259    |           |           |
| 18:2 undifferentiated.....g              | 4.480                                 |            | 7              |            | 1   |                 | 10.170    |           |           |
| 18:3 undifferentiated.....g              | 0.340                                 |            | 7              |            | 1   |                 | 0.772     |           |           |
| 18:4.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 3              |            | 1   |                 | 0.227     |           |           |
| 20:5 n-3.....g                           | 0.020                                 |            | 3              |            | 1   |                 | 0.045     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 3              |            | 1   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 3              |            | 1   |                 | 0.045     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 130                                   |            | 0              |            | 4   |                 | 295       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.091                                 |            | 0              |            | 4   |                 | 0.207     |           |           |
| Threonine.....g                          | 0.509                                 |            | 0              |            | 1   |                 | 1.155     |           |           |
| Isoleucine.....g                         | 0.403                                 |            | 0              |            | 1   |                 | 0.915     |           |           |
| Leucine.....g                            | 0.903                                 |            | 0              |            | 1   |                 | 2.050     |           |           |
| Lysine.....g                             | 0.965                                 |            | 0              |            | 1   |                 | 2.191     |           |           |
| Methionine.....g                         | 0.303                                 |            | 0              |            | 1   |                 | 0.688     |           |           |
| Cystine.....g                            | 0.115                                 |            | 0              |            | 1   |                 | 0.261     |           |           |
| Phenylalanine.....g                      | 0.452                                 |            | 0              |            | 1   |                 | 1.026     |           |           |
| Tyrosine.....g                           | 0.344                                 |            | 0              |            | 1   |                 | 0.781     |           |           |
| Valine.....g                             | 0.472                                 |            | 0              |            | 1   |                 | 1.071     |           |           |
| Arginine.....g                           | 0.786                                 |            | 0              |            | 1   |                 | 1.784     |           |           |
| Histidine.....g                          | 0.319                                 |            | 0              |            | 1   |                 | 0.724     |           |           |
| Alanine.....g                            | 0.795                                 |            | 0              |            | 1   |                 | 1.805     |           |           |
| Aspartic acid.....g                      | 1.165                                 |            | 0              |            | 1   |                 | 2.645     |           |           |
| Glutamic acid.....g                      | 1.818                                 |            | 0              |            | 1   |                 | 4.127     |           |           |
| Glycine.....g                            | 0.903                                 |            | 0              |            | 1   |                 | 2.050     |           |           |
| Proline.....g                            | 0.609                                 |            | 0              |            | 1   |                 | 1.382     |           |           |
| Serine.....g                             | 0.536                                 |            | 0              |            | 1   |                 | 1.217     |           |           |
| Hydroxyproline.....g                     |                                       |            |                |            |   |                 |           |           |           |

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

#### Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05302

Poultry, mechanically deboned, from backs and necks without 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  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 7.410                                 |            | 0       |       | 1      |   | 16.821    |           |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.710                                 |            | 8       |       | 1      |   | 1.612     |           |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.700                                 |            | 8       |       | 1      |   | 15.209    |           |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.280                                 |            | 0       |       | 1      |   | 5.176     |           |           |
| 18:2 undifferentiated.....g              | 2.070                                 |            | 8       |       | 1      |   | 4.699     |           |           |
| 18:3 undifferentiated.....g              | 0.210                                 |            | 8       |       | 1      |   | 0.477     |           |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 104                                   |            | 0       |       | 4      |   | 236       |           |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.110                                 |            | 0       |       | 4      |   | 0.250     |           |           |
| Threonine.....g                          | 0.642                                 |            | 0       |       | 1      |   | 1.457     |           |           |
| Isoleucine.....g                         | 0.499                                 |            | 0       |       | 1      |   | 1.133     |           |           |
| Leucine.....g                            | 1.132                                 |            | 0       |       | 1      |   | 2.570     |           |           |
| Lysine.....g                             | 1.194                                 |            | 0       |       | 1      |   | 2.710     |           |           |
| Methionine.....g                         | 0.389                                 |            | 0       |       | 1      |   | 0.883     |           |           |
| Cystine.....g                            | 0.093                                 |            | 0       |       | 1      |   | 0.211     |           |           |
| Phenylalanine.....g                      | 0.545                                 |            | 0       |       | 1      |   | 1.237     |           |           |
| Tyrosine.....g                           | 0.485                                 |            | 0       |       | 1      |   | 1.101     |           |           |
| Valine.....g                             | 0.565                                 |            | 0       |       | 1      |   | 1.283     |           |           |
| Arginine.....g                           | 0.918                                 |            | 0       |       | 1      |   | 2.084     |           |           |
| Histidine.....g                          | 0.362                                 |            | 0       |       | 1      |   | 0.822     |           |           |
| Alanine.....g                            | 0.940                                 |            | 0       |       | 1      |   | 2.134     |           |           |
| Aspartic acid.....g                      | 1.426                                 |            | 0       |       | 1      |   | 3.237     |           |           |
| Glutamic acid.....g                      | 2.282                                 |            | 0       |       | 1      |   | 5.180     |           |           |
| Glycine.....g                            | 0.931                                 |            | 0       |       | 1      |   | 2.113     |           |           |
| Proline.....g                            | 0.715                                 |            | 0       |       | 1      |   | 1.623     |           |           |
| Serine.....g                             | 0.671                                 |            | 0       |       | 1      |   | 1.523     |           |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Poultry, mechanically deboned, from mature hens, raw**

[illegible]

NDB No. 05303

Poultry, mechanically deboned, from mature hens, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 9.300                                 |            | 0              |            | 1           |   | 21.111    |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.860                                 |            | 12             |            | 1           |   | 1.952     |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 8.360                                 |            | 12             |            | 1           |   | 18.977    |           |           |
| 20:1.....g                               | 0.000                                 |            | 0              |            | 4           |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.550                                 |            | 0              |            | 1           |   | 10.329    |           |           |
| 18:2 undifferentiated.....g              | 4.110                                 |            | 12             |            | 1           |   | 9.330     |           |           |
| 18:3 undifferentiated.....g              | 0.240                                 |            | 12             |            | 1           |   | 0.545     |           |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 8              |            | 1           |   | 0.227     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 143                                   | 7.442      | 7              |            | 1           |   | 325       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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.

#### 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 17 (2004)



**NDB No. 05159**  
**Quail, breast, meat only, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 0.840                                 |            | 0                     |            | 1           |                 | 1.747   | 0.470     |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.160                                 | 0.016      | 19                    |            | 1           |                 | 0.333   | 0.090     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.670                                 | 0.067      | 19                    |            | 1           |                 | 1.394   | 0.375     |           |
| 20:1.....g                               | 0.000                                 | 0.000      | 16                    |            | 1           |                 | 0.000   | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.770                                 |            | 0                     |            | 1           |                 | 1.602   | 0.431     |           |
| 18:2 undifferentiated.....g              | 0.620                                 | 0.069      | 19                    |            | 1           |                 | 1.290   | 0.347     |           |
| 18:3 undifferentiated.....g              | 0.020                                 | 0.005      | 19                    |            | 1           |                 | 0.042   | 0.011     |           |
| 18:4.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 | 0.023      | 16                    |            | 1           |                 | 0.166   | 0.045     |           |
| 20:5 n-3.....g                           | 0.010                                 | 0.006      | 9                     |            | 1           |                 | 0.021   | 0.006     |           |
| 22:5 n-3.....g                           | 0.020                                 | 0.008      | 16                    |            | 1           |                 | 0.042   | 0.011     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 58                                    |            | 0                     |            | 4           |                 | 121   | 32        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.354                                 |            | 0                     |            | 1           |                 | 0.736   | 0.198     |           |
| Threonine.....g                          | 1.131                                 |            | 0                     |            | 1           |                 | 2.352   | 0.633     |           |
| Isoleucine.....g                         | 1.233                                 |            | 0                     |            | 1           |                 | 2.565   | 0.690     |           |
| Leucine.....g                            | 1.938                                 |            | 0                     |            | 1           |                 | 4.031   | 1.085     |           |
| Lysine.....g                             | 1.977                                 |            | 0                     |            | 1           |                 | 4.112   | 1.107     |           |
| Methionine.....g                         | 0.716                                 |            | 0                     |            | 1           |                 | 1.489   | 0.401     |           |
| Cystine.....g                            | 0.394                                 |            | 0                     |            | 1           |                 | 0.820   | 0.221     |           |
| Phenylalanine.....g                      | 0.980                                 |            | 0                     |            | 1           |                 | 2.038   | 0.549     |           |
| Tyrosine.....g                           | 1.048                                 |            | 0                     |            | 1           |                 | 2.180   | 0.587     |           |
| Valine.....g                             | 1.225                                 |            | 0                     |            | 1           |                 | 2.548   | 0.686     |           |
| Arginine.....g                           | 1.432                                 |            | 0                     |            | 1           |                 | 2.979   | 0.802     |           |
| Histidine.....g                          | 0.857                                 |            | 0                     |            | 1           |                 | 1.783   | 0.480     |           |
| Alanine.....g                            | 1.392                                 |            | 0                     |            | 1           |                 | 2.895   | 0.780     |           |
| Aspartic acid.....g                      | 1.883                                 |            | 0                     |            | 1           |                 | 3.917   | 1.054     |           |
| Glutamic acid.....g                      | 2.928                                 |            | 0                     |            | 1           |                 | 6.090   | 1.640     |           |
| Glycine.....g                            | 1.497                                 |            | 0                     |            | 1           |                 | 3.114   | 0.838     |           |
| Proline.....g                            | 0.828                                 |            | 0                     |            | 1           |                 | 1.722   | 0.464     |           |
| Serine.....g                             | 1.103                                 |            | 0                     |            | 1           |                 | 2.294   | 0.618     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |

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**Common Measures:**

Measure 1 = 208g: 1 unit (yield from 1 lb ready-to cook quail)

Measure 2 = 56g: 1 breast

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 43282**  
**Quail, cooked, total edible**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   | Code  |           |           |           |
| <hr/>                                    |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.891                                 |            |                |       | 4      |   |           |           |           |
| 14:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.725                                 |            |                |       | 4      |   |           |           |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.119                                 |            |                |       | 4      |   |           |           |           |
| 20:1.....g                               | 0.012                                 |            |                |       | 4      |   |           |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            |                |       | 4      |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.487                                 |            |                |       | 4      |   |           |           |           |
| 18:2 undifferentiated.....g              | 2.691                                 |            |                |       | 4      |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.492                                 |            |                |       | 4      |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            |                |       | 4      |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.164                                 |            |                |       | 4      |   |           |           |           |
| 20:5 n-3.....g                           | 0.012                                 |            |                |       | 4      |   |           |           |           |
| 22:5 n-3.....g                           | 0.035                                 |            |                |       | 4      |   |           |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            |                |       | 4      |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |   |           |           |           |
| Cholesterol.....mg                       | 86                                    |            |                |       | 4      |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                |       | 7      |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z     | 7      |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z     | 7      |   |           |           |           |

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**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05157**  
**Quail, meat and skin, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.180                                 |            | 0              |       | 1      |   | 4.556     | 16.929    |           |
| 14:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.620                                 |            | 0              |       | 1      |   | 0.676     | 2.511     |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.520                                 |            | 0              |       | 1      |   | 3.837     | 14.256    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |       | 1      |   | 0.011     | 0.041     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.980                                 |            | 0              |       | 1      |   | 3.248     | 12.069    |           |
| 18:2 undifferentiated.....g              | 2.300                                 |            | 0              |       | 1      |   | 2.507     | 9.315     |           |
| 18:3 undifferentiated.....g              | 0.420                                 |            | 0              |       | 1      |   | 0.458     | 1.701     |           |
| 18:4.....g                               | 0.000                                 |            | 0              | z     | 7      |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0              |       | 1      |   | 0.153     | 0.567     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |       | 1      |   | 0.011     | 0.041     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |       | 1      |   | 0.033     | 0.122     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |   |           |           |           |
| Cholesterol.....mg                       | 76                                    |            | 0              |       | 4      |   | 83        | 308       |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| 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                     |                                       |            |                |       |        |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | z     | 7      |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                |       |        |   |           |           |           |
| Theobromine.....mg                       |                                       |            |                |       |        |   |           |           |           |

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

**Common Measures:**

Measure 1 = 109g: 1 quail

Measure 2 = 405g: 1 unit (yield from 1 lb ready-to cook quail)

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05158**  
**Quail, 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  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.280                                 |            | 0       |       | 1      |   | 1.178     | 4.378     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.240                                 |            | 0       |       | 1      |   | 0.221     | 0.821     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.020                                 |            | 0       |       | 1      |   | 0.938     | 3.488     |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |   | 0.009     | 0.034     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.170                                 |            | 0       |       | 1      |   | 1.076     | 4.001     |           |
| 18:2 undifferentiated.....g              | 0.930                                 |            | 0       |       | 1      |   | 0.856     | 3.181     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0       |       | 1      |   | 0.018     | 0.068     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0       |       | 1      |   | 0.110     | 0.410     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.009     | 0.034     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.018     | 0.068     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 70                                    |            | 0       |       | 4      |   | 64        | 239       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.341                                 |            | 0       |       | 1      |   | 0.314     | 1.166     |           |
| Threonine.....g                          | 1.090                                 |            | 0       |       | 1      |   | 1.003     | 3.728     |           |
| Isoleucine.....g                         | 1.187                                 |            | 0       |       | 1      |   | 1.092     | 4.060     |           |
| Leucine.....g                            | 1.866                                 |            | 0       |       | 1      |   | 1.717     | 6.382     |           |
| Lysine.....g                             | 1.905                                 |            | 0       |       | 1      |   | 1.753     | 6.515     |           |
| Methionine.....g                         | 0.689                                 |            | 0       |       | 1      |   | 0.634     | 2.356     |           |
| Cystine.....g                            | 0.380                                 |            | 0       |       | 1      |   | 0.350     | 1.300     |           |
| Phenylalanine.....g                      | 0.944                                 |            | 0       |       | 1      |   | 0.868     | 3.228     |           |
| Tyrosine.....g                           | 1.010                                 |            | 0       |       | 1      |   | 0.929     | 3.454     |           |
| Valine.....g                             | 1.180                                 |            | 0       |       | 1      |   | 1.086     | 4.036     |           |
| Arginine.....g                           | 1.379                                 |            | 0       |       | 1      |   | 1.269     | 4.716     |           |
| Histidine.....g                          | 0.825                                 |            | 0       |       | 1      |   | 0.759     | 2.822     |           |
| Alanine.....g                            | 1.341                                 |            | 0       |       | 1      |   | 1.234     | 4.586     |           |
| Aspartic acid.....g                      | 1.814                                 |            | 0       |       | 1      |   | 1.669     | 6.204     |           |
| Glutamic acid.....g                      | 2.820                                 |            | 0       |       | 1      |   | 2.594     | 9.644     |           |
| Glycine.....g                            | 1.442                                 |            | 0       |       | 1      |   | 1.327     | 4.932     |           |
| Proline.....g                            | 0.797                                 |            | 0       |       | 1      |   | 0.733     | 2.726     |           |
| Serine.....g                             | 1.062                                 |            | 0       |       | 1      |   | 0.977     | 3.632     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

**Common Measures:**

Measure 1 = 92g: 1 quail

Measure 2 = 342g: 1 unit (yield from 1 lb ready-to cook quail)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05162**  
**Squab, (pigeon), light meat without 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         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.610                                 |            | 0              |       | 1   |            | 1.626     | 2.431     |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 0.180                                 |            | 1              |       | 1   |            | 0.182     | 0.272     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 1.430                                 |            | 1              |       | 1   |            | 1.444     | 2.159     |           |
| 20:1.....g                               | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.960                                 |            | 0              |       | 1   |            | 0.970     | 1.450     |           |
| 18:2 undifferentiated.....g              | 0.620                                 |            | 1              |       | 1   |            | 0.626     | 0.936     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 1              |       | 1   |            | 0.141     | 0.211     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 1              |       | 1   |            | 0.010     | 0.015     |           |
| 22:5 n-3.....g                           | 0.060                                 |            | 1              |       | 1   |            | 0.061     | 0.091     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 1              |       | 1   |            | 0.020     | 0.030     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 90                                    |            | 1              |       | 1   |            | 91        | 136       |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |   |            |           |           |           |
| Tryptophan.....g                         | 0.341                                 |            | 0              |       | 4   |            | 0.344     | 0.515     |           |
| Threonine.....g                          | 1.090                                 |            | 0              |       | 4   |            | 1.101     | 1.646     |           |
| Isoleucine.....g                         | 1.187                                 |            | 0              |       | 4   |            | 1.199     | 1.792     |           |
| Leucine.....g                            | 1.866                                 |            | 0              |       | 4   |            | 1.885     | 2.818     |           |
| Lysine.....g                             | 1.905                                 |            | 0              |       | 4   |            | 1.924     | 2.877     |           |
| Methionine.....g                         | 0.689                                 |            | 0              |       | 4   |            | 0.696     | 1.040     |           |
| Cystine.....g                            | 0.380                                 |            | 0              |       | 4   |            | 0.384     | 0.574     |           |
| Phenylalanine.....g                      | 0.944                                 |            | 0              |       | 4   |            | 0.953     | 1.425     |           |
| Tyrosine.....g                           | 1.010                                 |            | 0              |       | 4   |            | 1.020     | 1.525     |           |
| Valine.....g                             | 1.180                                 |            | 0              |       | 4   |            | 1.192     | 1.782     |           |
| Arginine.....g                           | 1.379                                 |            | 0              |       | 4   |            | 1.393     | 2.082     |           |
| Histidine.....g                          | 0.825                                 |            | 0              |       | 4   |            | 0.833     | 1.246     |           |
| Alanine.....g                            | 1.341                                 |            | 0              |       | 4   |            | 1.354     | 2.025     |           |
| Aspartic acid.....g                      | 1.814                                 |            | 0              |       | 4   |            | 1.832     | 2.739     |           |
| Glutamic acid.....g                      | 2.820                                 |            | 0              |       | 4   |            | 2.848     | 4.258     |           |
| Glycine.....g                            | 1.442                                 |            | 0              |       | 4   |            | 1.456     | 2.177     |           |
| Proline.....g                            | 0.797                                 |            | 0              |       | 4   |            | 0.805     | 1.203     |           |
| Serine.....g                             | 1.062                                 |            | 0              |       | 4   |            | 1.073     | 1.604     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |   |            |           |           |           |

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

**Common Measures:**

Measure 1 = 101g: 1 breast, bone removed

Measure 2 = 151g: 1 unit (yield rom 1 lb ready-to-cook squab)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Squab, (pigeon), meat and skin, raw**  
*Columba spp.*

| 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 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 56.60                                 | 1.054      | 3                     |            | 1   |                 | 168.10    | 112.63    |           |
| Energy.....kcal                       | 294                                   |            | 0                     | NC         | 4   |                 | 873       | 585       |           |
| Energy.....kj                         | 1230                                  |            |                       |            | 4   |                 | 3653      | 2448      |           |
| Protein (N x 6.25).....g              | 18.47                                 | 0.233      | 3                     |            | 1   |                 | 54.86     | 36.76     |           |
| Total lipid (fat).....g               | 23.80                                 | 1.102      | 3                     |            | 1   |                 | 70.69     | 47.36     |           |
| Ash.....g                             | 1.40                                  | 0.100      | 3                     |            | 1   |                 | 4.16      | 2.79      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 12                                    |            | 0                     |            | 4   |                 | 36        | 24        |           |
| Iron, Fe.....mg                       | 3.54                                  |            | 0                     |            | 4   |                 | 10.51     | 7.04      |           |
| Magnesium, Mg.....mg                  | 22                                    |            | 0                     |            | 4   |                 | 65        | 44        |           |
| Phosphorus, P.....mg                  | 248                                   |            | 0                     |            | 4   |                 | 737       | 494       |           |
| Potassium, K.....mg                   | 199                                   |            | 0                     |            | 4   |                 | 591       | 396       |           |
| Sodium, Na.....mg                     | 54                                    |            | 0                     |            | 4   |                 | 160       | 107       |           |
| Zinc, Zn.....mg                       | 2.20                                  |            | 0                     |            | 4   |                 | 6.53      | 4.38      |           |
| Copper, Cu.....mg                     | 0.437                                 |            | 0                     |            | 4   |                 | 1.298     | 0.870     |           |
| Manganese, Mn.....mg                  | 0.019                                 |            | 0                     |            | 4   |                 | 0.056     | 0.038     |           |
| Selenium, Se.....mcg                  | 13.3                                  |            | 0                     | PIE        | 4   |                 | 39.5      | 26.5      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 5.2                                   |            | 0                     |            | 4   |                 | 15.4      | 10.3      |           |
| Thiamin.....mg                        | 0.212                                 |            | 0                     |            | 4   |                 | 0.630     | 0.422     |           |
| Riboflavin.....mg                     | 0.224                                 |            | 0                     |            | 4   |                 | 0.665     | 0.446     |           |
| Niacin.....mg                         | 6.046                                 |            | 0                     |            | 4   |                 | 17.957    | 12.032    |           |
| Pantothenic acid.....mg               | 0.760                                 |            | 0                     |            | 4   |                 | 2.257     | 1.512     |           |
| Vitamin B-6.....mg                    | 0.410                                 |            | 0                     |            | 4   |                 | 1.218     | 0.816     |           |
| Folate, total.....mcg                 | 6                                     |            | 0                     |            | 4   |                 | 18        | 12        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 6                                     |            | 0                     |            | 4   |                 | 18        | 12        |           |
| Folate, DFE.....mcg_DFE               | 6                                     |            | 0                     | NC         | 4   |                 | 18        | 12        |           |
| Vitamin B-12.....mcg                  | 0.40                                  |            | 0                     |            | 4   |                 | 1.19      | 0.80      |           |
| Vitamin A, IU.....IU                  | 243                                   |            | 0                     |            | 4   |                 | 722       | 484       |           |
| Vitamin A, RAE.....mcg_RAE            | 73                                    |            | 0                     |            | 4   |                 | 217       | 145       |           |
| Retinol.....mcg                       | 73                                    |            | 0                     |            | 4   |                 | 217       | 145       |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 8.430                                 |            | 0                     |            | 1   |                 | 25.037    | 16.776    |           |
| 4:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 6:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 8:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.030                                 |            | 0                     |            | 1   |                 | 0.089     | 0.060     |           |
| 15:0                                  |                                       |            |                       |            |   |                 |           |           |           |



**NDB No. 05160**  
**Squab, (pigeon), 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         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 9.720                                 |            | 0              |       | 1   |            | 28.868    | 19.343    |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 3.470                                 |            | 0              |       | 1   |            | 10.306    | 6.905     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 6.260                                 |            | 0              |       | 1   |            | 18.592    | 12.457    |           |
| 20:1.....g                               | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.070                                 |            | 0              |       | 1   |            | 9.118     | 6.109     |           |
| 18:2 undifferentiated.....g              | 2.670                                 |            | 0              |       | 1   |            | 7.930     | 5.313     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 0              |       | 1   |            | 0.475     | 0.318     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0              |       | 1   |            | 0.030     | 0.020     |           |
| 22:5 n-3.....g                           | 0.070                                 |            | 0              |       | 1   |            | 0.208     | 0.139     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |       | 1   |            | 0.059     | 0.040     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 95                                    |            | 0              |       | 4   |            | 282       | 189       |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |       |   |            |           |           |           |
| Tryptophan.....g                         | 0.268                                 |            | 0              |       | 4   |            | 0.796     | 0.533     |           |
| Threonine.....g                          | 0.884                                 |            | 0              |       | 4   |            | 2.625     | 1.759     |           |
| Isoleucine.....g                         | 0.943                                 |            | 0              |       | 4   |            | 2.801     | 1.877     |           |
| Leucine.....g                            | 1.506                                 |            | 0              |       | 4   |            | 4.473     | 2.997     |           |
| Lysine.....g                             | 1.537                                 |            | 0              |       | 4   |            | 4.565     | 3.059     |           |
| Methionine.....g                         | 0.552                                 |            | 0              |       | 4   |            | 1.639     | 1.098     |           |
| Cystine.....g                            | 0.320                                 |            | 0              |       | 4   |            | 0.950     | 0.637     |           |
| Phenylalanine.....g                      | 0.773                                 |            | 0              |       | 4   |            | 2.296     | 1.538     |           |
| Tyrosine.....g                           | 0.789                                 |            | 0              |       | 4   |            | 2.343     | 1.570     |           |
| Valine.....g                             | 0.967                                 |            | 0              |       | 4   |            | 2.872     | 1.924     |           |
| Arginine.....g                           | 1.210                                 |            | 0              |       | 4   |            | 3.594     | 2.408     |           |
| Histidine.....g                          | 0.647                                 |            | 0              |       | 4   |            | 1.922     | 1.288     |           |
| Alanine.....g                            | 1.194                                 |            | 0              |       | 4   |            | 3.546     | 2.376     |           |
| Aspartic acid.....g                      | 1.557                                 |            | 0              |       | 4   |            | 4.624     | 3.098     |           |
| Glutamic acid.....g                      | 2.378                                 |            | 0              |       | 4   |            | 7.063     | 4.732     |           |
| Glycine.....g                            | 1.491                                 |            | 0              |       | 4   |            | 4.428     | 2.967     |           |
| Proline.....g                            | 0.839                                 |            | 0              |       | 4   |            | 2.492     | 1.670     |           |
| Serine.....g                             | 0.878                                 |            | 0              |       | 4   |            | 2.608     | 1.747     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |   |            |           |           |           |

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

**Common Measures:**

Measure 1 = 297g: 1 unit (yield rom 1 lb ready-to-cook squab)

Measure 2 = 199g: 1 squab

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse:** 35% 23% bone, 12% skin

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| 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                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 13                                    |            | 0                     |            | 4           |                 | 33  | 22        |           |
| Iron, Fe.....mg                       | 4.51                                  |            | 0                     |            | 4           |                 | 11.32   | 7.58      |           |
| Magnesium, Mg.....mg                  | 25                                    |            | 0                     |            | 4           |                 | 63  | 42        |           |
| Phosphorus, P.....mg                  | 307                                   |            | 0                     |            | 4           |                 | 771   | 516       |           |
| Potassium, K.....mg                   | 237                                   |            | 0                     |            | 4           |                 | 595   | 398       |           |
| Sodium, Na.....mg                     | 51                                    |            | 0                     |            | 4           |                 | 128   | 86        |           |
| Zinc, Zn.....mg                       | 2.70                                  |            | 0                     |            | 4           |                 | 6.78  | 4.54      |           |
| Copper, Cu.....mg                     | 0.594                                 |            | 0                     |            | 4           |                 | 1.491   | 0.998     |           |
| Manganese, Mn.....mg                  | 0.019                                 |            | 0                     |            | 4           |                 | 0.048   | 0.032     |           |
| Selenium, Se.....mcg                  | 13.5                                  |            | 0                     | BFNN       | 4           |                 | 33.9  | 22.7      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 7.2                                   |            | 0                     |            | 4           |                 | 18.1  | 12.1      |           |
| Thiamin.....mg                        | 0.283                                 |            | 0                     |            | 4           |                 | 0.710   | 0.475     |           |
| Riboflavin.....mg                     | 0.285                                 |            | 0                     |            | 4           |                 | 0.715   | 0.479     |           |
| Niacin.....mg                         | 6.860                                 | 0.259      | 23                    |            | 1           |                 | 17.219  | 11.525    |           |
| Pantothenic acid.....mg               | 0.787                                 |            | 0                     |            | 4           |                 | 1.975   | 1.322     |           |
| Vitamin B-6.....mg                    | 0.530                                 |            | 0                     |            | 4           |                 | 1.330   | 0.890     |           |
| Folate, total.....mcg                 | 7                                     |            | 0                     |            | 4           |                 | 18  | 12        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 7                                     |            | 0                     |            | 4           |                 | 18  | 12        |           |
| Folate, DFE.....mcg_DFE               | 7                                     |            | 0                     | NC         | 4           |                 | 18  | 12        |           |
| Vitamin B-12.....mcg                  | 0.47                                  |            | 0                     |            | 4           |                 | 1.18  | 0.79      |           |
| Vitamin A, IU.....IU                  | 94                                    |            | 0                     |            | 4           |                 | 236   | 158       |           |
| Vitamin A, RAE.....mcg_RAE            | 28                                    |            | 0                     |            | 4           |                 | 71  | 47        |           |
| Retinol.....mcg                       | 28                                    |            | 0                     |            | 4           |                 | 71  | 47        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 1.960                                 |            | 0                     |            | 1           |                 | 4.920   | 3.293     |           |
| 4:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 8:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.010                                 |            | 0                     |            | 1           |                 | 0.025   | 0.017     |           |
| 15:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....g                            | 1.020                                 |            | 0                     |            | 1           |                 | 2.560   | 1.714     |           |
| 17:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 18:0.....g                            | 0.930                                 |            | 0                     |            | 1           |                 | 2.334   | 1.562     |           |
| 20:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |

**NDB No. 05161**  
**Squab, (pigeon), meat only, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.660                                 |            | 0                     |            | 1           |   | 6.677     | 4.469     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.300                                 |            | 0                     |            | 1           |   | 0.753     | 0.504     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.370                                 |            | 0                     |            | 1           |   | 5.949     | 3.982     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.600                                 |            | 0                     |            | 1           |   | 4.016     | 2.688     |           |
| 18:2 undifferentiated.....g              | 1.030                                 |            | 0                     |            | 1           |   | 2.585     | 1.730     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.220                                 |            | 0                     |            | 1           |   | 0.552     | 0.370     |           |
| 20:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.025     | 0.017     |           |
| 22:5 n-3.....g                           | 0.090                                 |            | 0                     |            | 1           |   | 0.226     | 0.151     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1           |   | 0.075     | 0.050     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 90                                    |            | 0                     |            | 4           |   | 226       | 151       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.274                                 |            | 0                     |            | 4           |   | 0.688     | 0.460     |           |
| Threonine.....g                          | 0.876                                 |            | 0                     |            | 4           |   | 2.199     | 1.472     |           |
| Isoleucine.....g                         | 0.955                                 |            | 0                     |            | 4           |   | 2.397     | 1.604     |           |
| Leucine.....g                            | 1.501                                 |            | 0                     |            | 4           |   | 3.768     | 2.522     |           |
| Lysine.....g                             | 1.532                                 |            | 0                     |            | 4           |   | 3.845     | 2.574     |           |
| Methionine.....g                         | 0.554                                 |            | 0                     |            | 4           |   | 1.391     | 0.931     |           |
| Cystine.....g                            | 0.305                                 |            | 0                     |            | 4           |   | 0.766     | 0.512     |           |
| Phenylalanine.....g                      | 0.759                                 |            | 0                     |            | 4           |   | 1.905     | 1.275     |           |
| Tyrosine.....g                           | 0.812                                 |            | 0                     |            | 4           |   | 2.038     | 1.364     |           |
| Valine.....g                             | 0.949                                 |            | 0                     |            | 4           |   | 2.382     | 1.594     |           |
| Arginine.....g                           | 1.109                                 |            | 0                     |            | 4           |   | 2.784     | 1.863     |           |
| Histidine.....g                          | 0.664                                 |            | 0                     |            | 4           |   | 1.667     | 1.116     |           |
| Alanine.....g                            | 1.078                                 |            | 0                     |            | 4           |   | 2.706     | 1.811     |           |
| Aspartic acid.....g                      | 1.459                                 |            | 0                     |            | 4           |   | 3.662     | 2.451     |           |
| Glutamic acid.....g                      | 2.268                                 |            | 0                     |            | 4           |   | 5.693     | 3.810     |           |
| Glycine.....g                            | 1.159                                 |            | 0                     |            | 4           |   | 2.909     | 1.947     |           |
| Proline.....g                            | 0.641                                 |            | 0                     |            | 4           |   | 1.609     | 1.077     |           |
| Serine.....g                             | 0.854                                 |            | 0                     |            | 4           |   | 2.144     | 1.435     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 251g: 1 unit (yield rom 1 lb ready-to-cook squab)

Measure 2 = 168g: 1 squab

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |                 | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code     |   |           |           |
|                                       |                                       |            |                |            | Confidence Code |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |                 |   |           |           |
| Water.....g                           | 85.07                                 | 0.217      | 4              |            | 1               | 204.17  | 120.80    |           |
| Energy.....kcal                       | 67                                    |            | 0              | NC         | 4               | 161   | 95        |           |
| Energy.....kj                         | 280                                   |            |                |            | 4               | 673   | 398       |           |
| Protein (N x 6.25).....g              | 5.88                                  | 0.188      | 4              |            | 1               | 14.11   | 8.35      |           |
| Total lipid (fat).....g               | 2.63                                  | 0.682      | 4              |            | 1               | 6.31  | 3.73      |           |
| Ash.....g                             | 1.81                                  | 0.125      | 4              |            | 1               | 4.34  | 2.57      |           |
| Carbohydrate, by difference.....g     | 4.61                                  |            | 0              | NC         | 4               | 11.06   | 6.55      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7               | 0.0   | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |                 |   |           |           |
| Starch.....g                          |                                       |            |                |            |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |                 |   |           |           |
| Calcium, Ca.....mg                    | 14                                    | 2.465      | 4              |            | 1               | 34  | 20        |           |
| Iron, Fe.....mg                       | 0.93                                  | 0.097      | 4              |            | 1               | 2.23  | 1.32      |           |
| Magnesium, Mg.....mg                  | 8                                     | 0.614      | 4              |            | 1               | 19  | 11        |           |
| Phosphorus, P.....mg                  | 81                                    | 7.503      | 4              |            | 1               | 194   | 115       |           |
| Potassium, K.....mg                   | 61                                    |            | 0              |            | 4               | 146   | 87        |           |
| Sodium, Na.....mg                     | 554                                   | 54.648     | 4              |            | 1               | 1330  | 787       |           |
| Zinc, Zn.....mg                       | 0.70                                  | 0.054      | 4              |            | 1               | 1.68  | 0.99      |           |
| Copper, Cu.....mg                     | 0.022                                 |            | 0              |            | 4               | 0.053   | 0.031     |           |
| Manganese, Mn.....mg                  | 0.005                                 |            | 0              |            | 4               | 0.012   | 0.007     |           |
| Selenium, Se.....mcg                  | 19.2                                  |            | 0              | PAK        | 1               | 46.1  | 27.3      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7               | 0.0   | 0.0       |           |
| Thiamin.....mg                        | 0.024                                 | 0.003      | 4              |            | 1               | 0.058   | 0.034     |           |
| Riboflavin.....mg                     | 0.127                                 | 0.012      | 4              |            | 1               | 0.305   | 0.180     |           |
| Niacin.....mg                         | 1.799                                 | 0.122      | 4              |            | 1               | 4.318   | 2.555     |           |
| Pantothenic acid.....mg               | 0.213                                 |            | 0              |            | 4               | 0.511   | 0.302     |           |
| Vitamin B-6.....mg                    | 0.100                                 | 0.002      | 4              |            | 1               | 0.240   | 0.142     |           |
| Folate, total.....mcg                 | 4                                     |            | 0              |            | 4               | 10  | 6         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7               | 0   | 0         |           |
| Folate, food.....mcg                  | 4                                     |            | 0              |            | 4               | 10  | 6         |           |
| Folate, DFE.....mcg_DFE               | 4                                     |            | 0              | NC         | 4               | 10  | 6         |           |
| Vitamin B-12.....mcg                  | 0.24                                  |            | 0              |            | 4               | 0.58  | 0.34      |           |
| Vitamin A, IU.....IU                  | 42                                    | 12.846     | 4              |            | 1               | 101   | 60        |           |
| Vitamin A, RAE.....mcg_RAE            | 13                                    | 3.858      | 4              |            | 1               | 30  | 18        |           |
| Retinol.....mcg                       | 13                                    | 3.858      | 4              |            | 1               | 30  | 18        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |                 |   |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |                 |   |           |           |
| Fatty acids, total saturated.....g    | 0.850                                 |            | 0              |            | 1               | 2.040   | 1.207     |           |
| 4:0.....g                             |                                       |            |                |            |                 |   |           |           |
| 6:0.....g                             |                                       |            |                |            |                 |   |           |           |
| 8:0.....g                             |                                       |            |                |            |                 |   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4               | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.000                                 | 0.000      | 4              |            | 1               | 0.000   | 0.000     |           |
| 13:0.....g                            |                                       |            |                |            |                 |   |           |           |
| 14:0.....g                            | 0.030                                 | 0.009      | 4              |            | 1               | 0.072   | 0.043     |           |
| 15:0.....g                            |                                       |            |                |            |                 |   |           |           |
| 16:0.....g                            | 0.540                                 | 0.143      | 4              |            | 1               | 1.296   | 0.767     |           |
| 17:0.....g                            |                                       |            |                |            |                 |   |           |           |
| 18:0.....g                            | 0.270                                 | 0.080      | 4              |            | 1               | 0.648   | 0.383     |           |
| 20:0.....g                            |                                       |            |                |            |                 |   |           |           |
| 22:0.....g                            |                                       |            |                |            |                 |   |           |           |
| 24:0.....g                            |                                       |            |                |            |                 |   |           |           |

**NDB No. 05286**  
**Turkey and gravy, frozen**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.970                                 |            | 0                     |            | 1   |                 | 2.328     | 1.377     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.110                                 | 0.030      | 4                     |            | 1   |                 | 0.264     | 0.156     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.860                                 | 0.229      | 4                     |            | 1   |                 | 2.064     | 1.221     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.470                                 |            | 0                     |            | 1   |                 | 1.128     | 0.667     |           |
| 18:2 undifferentiated.....g              | 0.440                                 | 0.121      | 4                     |            | 1   |                 | 1.056     | 0.625     |           |
| 18:3 undifferentiated.....g              | 0.030                                 | 0.012      | 4                     |            | 1   |                 | 0.072     | 0.043     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 18                                    |            | 0                     |            | 4   |                 | 43        | 26        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.067                                 |            | 0                     |            | 4   |                 | 0.161     | 0.095     |           |
| Threonine.....g                          | 0.262                                 |            | 0                     |            | 4   |                 | 0.629     | 0.372     |           |
| Isoleucine.....g                         | 0.306                                 |            | 0                     |            | 4   |                 | 0.734     | 0.435     |           |
| Leucine.....g                            | 0.469                                 |            | 0                     |            | 4   |                 | 1.126     | 0.666     |           |
| Lysine.....g                             | 0.554                                 |            | 0                     |            | 4   |                 | 1.330     | 0.787     |           |
| Methionine.....g                         | 0.170                                 |            | 0                     |            | 4   |                 | 0.408     | 0.241     |           |
| Cystine.....g                            | 0.061                                 |            | 0                     |            | 4   |                 | 0.146     | 0.087     |           |
| Phenylalanine.....g                      | 0.233                                 |            | 0                     |            | 4   |                 | 0.559     | 0.331     |           |
| Tyrosine.....g                           | 0.232                                 |            | 0                     |            | 4   |                 | 0.557     | 0.329     |           |
| Valine.....g                             | 0.312                                 |            | 0                     |            | 4   |                 | 0.749     | 0.443     |           |
| Arginine.....g                           | 0.410                                 |            | 0                     |            | 4   |                 | 0.984     | 0.582     |           |
| Histidine.....g                          | 0.183                                 |            | 0                     |            | 4   |                 | 0.439     | 0.260     |           |
| Alanine.....g                            | 0.364                                 |            | 0                     |            | 4   |                 | 0.874     | 0.517     |           |
| Aspartic acid.....g                      | 0.571                                 |            | 0                     |            | 4   |                 | 1.370     | 0.811     |           |
| Glutamic acid.....g                      | 0.960                                 |            | 0                     |            | 4   |                 | 2.304     | 1.363     |           |
| Glycine.....g                            | 0.292                                 |            | 0                     |            | 4   |                 | 0.701     | 0.415     |           |
| Proline.....g                            | 0.245                                 |            | 0                     |            | 4   |                 | 0.588     | 0.348     |           |
| Serine.....g                             | 0.262                                 |            | 0                     |            | 4   |                 | 0.629     | 0.372     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 142g: 1 package (net weight, 5 oz)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 42130**  
**Turkey bacon, cooked**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 10.899                                |            |                       |            | 1           |   | 8.937     | 3.052     | 1.744     |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.591                                 |            |                       |            | 4           |   | 1.305     | 0.445     | 0.255     |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 9.050                                 |            |                       |            | 4           |   | 7.421     | 2.534     | 1.448     |
| 20:1.....g                               | 0.017                                 |            |                       |            | 4           |   | 0.014     | 0.005     | 0.003     |
| 22:1 undifferentiated.....g              | 0.017                                 |            |                       |            | 4           |   | 0.014     | 0.005     | 0.003     |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 6.807                                 |            |                       |            | 1           |   | 5.582     | 1.906     | 1.089     |
| 18:2 undifferentiated.....g              | 6.059                                 |            |                       |            | 4           |   | 4.968     | 1.697     | 0.969     |
| 18:3 undifferentiated.....g              | 0.373                                 |            |                       |            | 4           |   | 0.306     | 0.104     | 0.060     |
| 18:4.....g                               | 0.000                                 |            |                       |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.255                                 |            |                       |            | 4           |   | 0.209     | 0.071     | 0.041     |
| 20:5 n-3.....g                           | 0.000                                 |            |                       |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.025                                 |            |                       |            | 4           |   | 0.021     | 0.007     | 0.004     |
| 22:6 n-3.....g                           | 0.042                                 |            |                       |            | 4           |   | 0.034     | 0.012     | 0.007     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 98                                    |            |                       |            | 1           |   | 80        | 27        | 16        |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 7           |   | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         | 0         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     | 0.000     |

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

**Common Measures:**

Measure 1 = 82g: 1 cup pieces

Measure 2 = 28g: 1 oz

Measure 3 = 16g: 1 oz cooked, yield

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05293

Turkey breast, pre-basted, 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  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   | Code  |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.140                                 |            | 0       |       | 1      |   | 9.850     |           |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.190                                 |            | 0       |       | 1      |   | 1.642     |           |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.920                                 |            | 0       |       | 1      |   | 7.949     |           |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |   | 0.086     |           |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |   | 0.086     |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.840                                 |            | 0       |       | 1      |   | 7.258     |           |           |
| 18:2 undifferentiated.....g              | 0.680                                 |            | 0       |       | 1      |   | 5.875     |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0       |       | 1      |   | 0.346     |           |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0       |       | 1      |   | 0.691     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.086     |           |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.086     |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 42                                    | 1.312      | 13      |       | 1      |   | 363       |           |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.246                                 |            | 0       |       | 1      |   | 2.125     |           |           |
| Threonine.....g                          | 0.967                                 |            | 0       |       | 1      |   | 8.355     |           |           |
| Isoleucine.....g                         | 1.116                                 |            | 0       |       | 1      |   | 9.642     |           |           |
| Leucine.....g                            | 1.725                                 |            | 0       |       | 1      |   | 14.904    |           |           |
| Lysine.....g                             | 2.022                                 |            | 0       |       | 1      |   | 17.470    |           |           |
| Methionine.....g                         | 0.623                                 |            | 0       |       | 1      |   | 5.383     |           |           |
| Cystine.....g                            | 0.245                                 |            | 0       |       | 1      |   | 2.117     |           |           |
| Phenylalanine.....g                      | 0.867                                 |            | 0       |       | 1      |   | 7.491     |           |           |
| Tyrosine.....g                           | 0.845                                 |            | 0       |       | 1      |   | 7.301     |           |           |
| Valine.....g                             | 1.155                                 |            | 0       |       | 1      |   | 9.979     |           |           |
| Arginine.....g                           | 1.554                                 |            | 0       |       | 1      |   | 13.427    |           |           |
| Histidine.....g                          | 0.668                                 |            | 0       |       | 1      |   | 5.772     |           |           |
| Alanine.....g                            | 1.401                                 |            | 0       |       | 1      |   | 12.105    |           |           |
| Aspartic acid.....g                      | 2.130                                 |            | 0       |       | 1      |   | 18.403    |           |           |
| Glutamic acid.....g                      | 3.542                                 |            | 0       |       | 1      |   | 30.603    |           |           |
| Glycine.....g                            | 1.287                                 |            | 0       |       | 1      |   | 11.120    |           |           |
| Proline.....g                            | 1.007                                 |            | 0       |       | 1      |   | 8.700     |           |           |
| Serine.....g                             | 0.976                                 |            | 0       |       | 1      |   | 8.433     |           |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 864g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 05292

Turkey patties, breaded, battered, fried

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| Water.....g                           | 49.70                                 | 0.527      | 17                    |            | 1           |   | 13.92     | 20.87     | 31.81     |
| Energy.....kcal                       | 283                                   |            | 0                     | NC         | 4           |   | 79        | 119       | 181       |
| Energy.....kj                         | 1184                                  |            |                       |            | 4           |   | 332       | 497       | 758       |
| Protein (N x 6.25).....g              | 14.00                                 | 0.121      | 17                    |            | 1           |   | 3.92      | 5.88      | 8.96      |
| Total lipid (fat).....g               | 18.00                                 | 0.196      | 17                    |            | 1           |   | 5.04      | 7.56      | 11.52     |
| Ash.....g                             | 2.60                                  | 0.068      | 17                    |            | 1           |   | 0.73      | 1.09      | 1.66      |
| Carbohydrate, by difference.....g     | 15.70                                 |            | 0                     | NC         | 4           |   | 4.40      | 6.59      | 10.05     |
| Fiber, total dietary.....g            | 0.5                                   |            | 0                     |            | 4           |   | 0.1       | 0.2       | 0.3       |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 14                                    | 0.473      | 17                    |            | 1           |   | 4         | 6         | 9         |
| Iron, Fe.....mg                       | 2.20                                  | 0.149      | 17                    |            | 1           |   | 0.62      | 0.92      | 1.41      |
| Magnesium, Mg.....mg                  | 15                                    |            | 0                     |            | 4           |   | 4         | 6         | 10        |
| Phosphorus, P.....mg                  | 270                                   | 6.219      | 17                    |            | 1           |   | 76        | 113       | 173       |
| Potassium, K.....mg                   | 275                                   | 6.083      | 17                    |            | 1           |   | 77        | 116       | 176       |
| Sodium, Na.....mg                     | 800                                   | 40.503     | 17                    |            | 1           |   | 224       | 336       | 512       |
| Zinc, Zn.....mg                       | 1.44                                  |            | 0                     |            | 4           |   | 0.40      | 0.60      | 0.92      |
| Copper, Cu.....mg                     | 0.070                                 |            | 0                     |            | 4           |   | 0.020     | 0.029     | 0.045     |
| Manganese, Mn.....mg                  | 0.077                                 |            | 0                     |            | 4           |   | 0.022     | 0.032     | 0.049     |
| Selenium, Se.....mcg                  | 19.9                                  |            | 0                     | PIE        | 4           |   | 5.6       | 8.4       | 12.7      |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.100                                 | 0.003      | 17                    |            | 1           |   | 0.028     | 0.042     | 0.064     |
| Riboflavin.....mg                     | 0.190                                 | 0.012      | 17                    |            | 1           |   | 0.053     | 0.080     | 0.122     |
| Niacin.....mg                         | 2.300                                 | 0.095      | 17                    |            | 1           |   | 0.644     | 0.966     | 1.472     |
| Pantothenic acid.....mg               | 0.520                                 |            | 0                     |            | 4           |   | 0.146     | 0.218     | 0.333     |
| Vitamin B-6.....mg                    | 0.200                                 |            | 0                     |            | 4           |   | 0.056     | 0.084     | 0.128     |
| Folate, total.....mcg                 | 28                                    |            | 0                     | RA         | 4           |   | 8         | 12        | 18        |
| Folic acid.....mcg                    | 20                                    |            | 0                     | NC         | 4           |   | 6         | 8         | 13        |
| Folate, food.....mcg                  | 8                                     |            | 0                     |            | 4           |   | 2         | 3         | 5         |
| Folate, DFE.....mcg_DFE               | 42                                    |            | 0                     | NC         | 4           |   | 12        | 18        | 27        |
| Vitamin B-12.....mcg                  | 0.22                                  |            | 0                     |            | 4           |   | 0.06      | 0.09      | 0.14      |
| Vitamin A, IU.....IU                  | 37                                    |            | 0                     | NC         | 4           |   | 10        | 15        | 23        |
| Vitamin A, RAE.....mcg_RAE            | 11                                    |            | 0                     | NC         | 4           |   | 3         | 5         | 7         |
| Retinol.....mcg                       | 11                                    |            | 0                     | NR         | 4           |   | 3         | 5         | 7         |
| Vitamin E (alpha-tocopherol).....mg   | 1.26                                  |            | 0                     | PIK        | 4           |   | 0.35      | 0.53      | 0.81      |
| Tocopherol, beta.....mg               | 0.02                                  |            | 0                     | PIK        | 4           |   | 0.01      | 0.01      | 0.01      |
| Tocopherol, gamma.....mg              | 0.14                                  |            | 0                     | PIK        | 4           |   | 0.04      | 0.06      | 0.09      |
| Tocopherol, delta.....mg              | 0.01                                  |            | 0                     | PIK        | 4           |   | 0.00      | 0.00      | 0.00      |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 21.0                                  |            | 0                     | PIK        | 4           |   | 5.9       | 8.8       | 13.5      |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 4.690                                 |            | 0                     |            | 4           |   | 1.313     | 1.970     | 3.002     |
| 4:0.....g                             | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.070                                 |            | 0                     |            | 4           |   | 0.020     | 0.029     | 0.045     |
| 15:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 16:0.....g                            | 2.650                                 |            | 0                     |            | 4           |   | 0.742     | 1.113     | 1.696     |
| 17:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 18:0.....g                            | 1.850                                 |            | 0                     |            | 4           |   | 0.518     | 0.777     | 1.184     |
| 20:0.....g                            | 0.001                                 |            | 0                     | PAK        | 1           |   | 0.000     | 0.000     | 0.001     |
| 22:0.....g                            | 0.001                                 |            | 0                     | PAK        | 1           |   | 0.000     | 0.001     | 0.001     |
| 24:0.....g                            | 0.000                                 |            | 0                     | PAK        | 1           |   | 0.000     | 0.000     | 0.000     |

NDB No. 05292

Turkey patties, breaded, battered, fried

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 7.470                                 |            | 0              |            | 4           |   | 2.092     | 3.137     | 4.781     |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 |            | 0              |            | 4           |   | 0.022     | 0.034     | 0.051     |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 7.380                                 |            | 0              |            | 4           |   | 2.066     | 3.100     | 4.723     |
| 20:1.....g                               | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.710                                 |            | 0              |            | 4           |   | 1.319     | 1.978     | 3.014     |
| 18:2 undifferentiated.....g              | 4.310                                 |            | 0              |            | 4           |   | 1.207     | 1.810     | 2.758     |
| 18:3 undifferentiated.....g              | 0.260                                 |            | 0              |            | 4           |   | 0.073     | 0.109     | 0.166     |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0              |            | 4           |   | 0.025     | 0.038     | 0.058     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 62                                    |            | 0              |            | 4           |   | 17        | 26        | 40        |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| 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                     |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 39                                    |            | 0              | NR         | 4           |   | 10.972    | 16.458    | 25.079    |

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**Common Measures:**

Measure 1 = 28g: 1 medium slice (approx 3" x 2" x 1/4")

Measure 2 = 42g: 1 thick slice (approx 3" x 2" x 3/8")

Measure 3 = 64g: 1 patty (2.25 oz)

**NDB No. 05292**  
**Turkey patties, breaded, battered, fried**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05295

Turkey roast, boneless, frozen, seasoned, light and dark meat, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        |            | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |            |                                    |           |           |
|  |                                       |            | Points  |       |        |            |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 0.470                                 |            | 0       |       | 4      |            | 5.330                              | 1.335     |           |
| 14:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 15:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.070                                 |            | 0       |       | 4      |            | 0.794                              | 0.199     |           |
| 17:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 18:1 undifferentiated.....g              | 0.380                                 |            | 0       |       | 4      |            | 4.309                              | 1.079     |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 4      |            | 0.113                              | 0.028     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 4      |            | 0.113                              | 0.028     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |            |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 0.640                                 |            | 0       |       | 4      |            | 7.258                              | 1.818     |           |
| 18:2 undifferentiated.....g              | 0.490                                 |            | 0       |       | 4      |            | 5.557                              | 1.392     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0       |       | 4      |            | 0.227                              | 0.057     |           |
| 18:4.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |            |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |            |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0       |       | 4      |            | 1.021                              | 0.256     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |            | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0       |       | 4      |            | 0.113                              | 0.028     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0       |       | 4      |            | 0.227                              | 0.057     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |            |                                    |           |           |
| Cholesterol.....mg                       | 53                                    |            | 0       |       | 4      |            | 601                                | 151       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |            |                                    |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |            |                                    |           |           |
| Tryptophan.....g                         | 0.200                                 |            | 0       |       | 4      |            | 2.268                              | 0.568     |           |
| Threonine.....g                          | 0.782                                 |            | 0       |       | 4      |            | 8.868                              | 2.221     |           |
| Isoleucine.....g                         | 0.915                                 |            | 0       |       | 4      |            | 10.376                             | 2.599     |           |
| Leucine.....g                            | 1.402                                 |            | 0       |       | 4      |            | 15.899                             | 3.982     |           |
| Lysine.....g                             | 1.657                                 |            | 0       |       | 4      |            | 18.790                             | 4.706     |           |
| Methionine.....g                         | 0.509                                 |            | 0       |       | 4      |            | 5.772                              | 1.446     |           |
| Cystine.....g                            | 0.183                                 |            | 0       |       | 4      |            | 2.075                              | 0.520     |           |
| Phenylalanine.....g                      | 0.698                                 |            | 0       |       | 4      |            | 7.915                              | 1.982     |           |
| Tyrosine.....g                           | 0.695                                 |            | 0       |       | 4      |            | 7.881                              | 1.974     |           |
| Valine.....g                             | 0.934                                 |            | 0       |       | 4      |            | 10.592                             | 2.653     |           |
| Arginine.....g                           | 1.227                                 |            | 0       |       | 4      |            | 13.914                             | 3.485     |           |
| Histidine.....g                          | 0.549                                 |            | 0       |       | 4      |            | 6.226                              | 1.559     |           |
| Alanine.....g                            | 1.089                                 |            | 0       |       | 4      |            | 12.349                             | 3.093     |           |
| Aspartic acid.....g                      | 1.708                                 |            | 0       |       | 4      |            | 19.369                             | 4.851     |           |
| Glutamic acid.....g                      | 2.870                                 |            | 0       |       | 4      |            | 32.546                             | 8.151     |           |
| Glycine.....g                            | 0.872                                 |            | 0       |       | 4      |            | 9.888                              | 2.476     |           |
| Proline.....g                            | 0.731                                 |            | 0       |       | 4      |            | 8.290                              | 2.076     |           |
| Serine.....g                             | 0.782                                 |            | 0       |       | 4      |            | 8.868                              | 2.221     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |            |                                    |           |           |

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#### Common Measures:

Measure 1 = 1134g: 1 box (net weight, 2.5 lb)

Measure 2 = 284g: .25 box (net weight, 0.625 lb)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted**

[illegible]

NDB No. 05296

Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.200                                 |            | 0              |            | 4           |   | 1.620     | 9.384     | 2.352     |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.170                                 |            | 0              |            | 4           |   | 0.230     | 1.329     | 0.333     |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.990                                 |            | 0              |            | 4           |   | 1.337     | 7.742     | 1.940     |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 4           |   | 0.027     | 0.156     | 0.039     |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0              |            | 4           |   | 0.027     | 0.156     | 0.039     |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.660                                 |            | 0              |            | 4           |   | 2.241     | 12.981    | 3.254     |
| 18:2 undifferentiated.....g              | 1.260                                 |            | 0              |            | 4           |   | 1.701     | 9.853     | 2.470     |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0              |            | 4           |   | 0.054     | 0.313     | 0.078     |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.240                                 |            | 0              |            | 4           |   | 0.324     | 1.877     | 0.470     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.040                                 |            | 0              |            | 4           |   | 0.054     | 0.313     | 0.078     |
| 22:6 n-3.....g                           | 0.050                                 |            | 0              |            | 4           |   | 0.068     | 0.391     | 0.098     |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 53                                    | 4.689      | 4              |            | 1           |   | 72        | 414       | 104       |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.242                                 |            | 0              |            | 4           |   | 0.327     | 1.892     | 0.474     |
| Threonine.....g                          | 0.948                                 |            | 0              |            | 4           |   | 1.280     | 7.413     | 1.858     |
| Isoleucine.....g                         | 1.109                                 |            | 0              |            | 4           |   | 1.497     | 8.672     | 2.174     |
| Leucine.....g                            | 1.698                                 |            | 0              |            | 4           |   | 2.292     | 13.278    | 3.328     |
| Lysine.....g                             | 2.009                                 |            | 0              |            | 4           |   | 2.712     | 15.710    | 3.938     |
| Methionine.....g                         | 0.617                                 |            | 0              |            | 4           |   | 0.833     | 4.825     | 1.209     |
| Cystine.....g                            | 0.222                                 |            | 0              |            | 4           |   | 0.300     | 1.736     | 0.435     |
| Phenylalanine.....g                      | 0.846                                 |            | 0              |            | 4           |   | 1.142     | 6.616     | 1.658     |
| Tyrosine.....g                           | 0.843                                 |            | 0              |            | 4           |   | 1.138     | 6.592     | 1.652     |
| Valine.....g                             | 1.132                                 |            | 0              |            | 4           |   | 1.528     | 8.852     | 2.219     |
| Arginine.....g                           | 1.487                                 |            | 0              |            | 4           |   | 2.007     | 11.628    | 2.915     |
| Histidine.....g                          | 0.665                                 |            | 0              |            | 4           |   | 0.898     | 5.200     | 1.303     |
| Alanine.....g                            | 1.320                                 |            | 0              |            | 4           |   | 1.782     | 10.322    | 2.587     |
| Aspartic acid.....g                      | 2.070                                 |            | 0              |            | 4           |   | 2.795     | 16.187    | 4.057     |
| Glutamic acid.....g                      | 3.479                                 |            | 0              |            | 4           |   | 4.697     | 27.206    | 6.819     |
| Glycine.....g                            | 1.057                                 |            | 0              |            | 4           |   | 1.427     | 8.266     | 2.072     |
| Proline.....g                            | 0.887                                 |            | 0              |            | 4           |   | 1.197     | 6.936     | 1.739     |
| Serine.....g                             | 0.948                                 |            | 0              |            | 4           |   | 1.280     | 7.413     | 1.858     |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |

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#### Common Measures:

Measure 1 = 135g: 1 cup, chopped or diced

Measure 2 = 782g: 1 box (net weight, 1.72 lb)

Measure 3 = 196g: .25 box (net weight, 0.43 lb)



**NDB No. 05296**  
**Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted**

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05300

Turkey sticks, breaded, battered, fried

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 6.920                                 |            | 0                     |            | 4   |                 | 4.429     |           |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 4   |                 | 0.051     |           |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 6.830                                 |            | 0                     |            | 4   |                 | 4.371     |           |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.390                                 |            | 0                     |            | 4   |                 | 2.810     |           |           |
| 18:2 undifferentiated.....g              | 4.010                                 |            | 0                     |            | 4   |                 | 2.566     |           |           |
| 18:3 undifferentiated.....g              | 0.240                                 |            | 0                     |            | 4   |                 | 0.154     |           |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 4   |                 | 0.058     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 64                                    |            | 0                     |            | 4   |                 | 41        |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |

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#### 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 17 (2004)

**Turkey thigh, pre-basted, 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         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 70.60                                 |            | 0              |            | 1   |                 | 221.68    |           |           |
| Energy.....kcal                       | 157                                   |            | 0              | NC         | 4   |                 | 493       |           |           |
| Energy.....kj                         | 657                                   |            |                |            | 4   |                 | 2063      |           |           |
| Protein (N x 6.25).....g              | 18.80                                 | 1.087      | 7              |            | 1   |                 | 59.03     |           |           |
| Total lipid (fat).....g               | 8.54                                  | 0.996      | 7              |            | 1   |                 | 26.82     |           |           |
| Ash.....g                             | 2.06                                  |            | 0              |            | 1   |                 | 6.47      |           |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                   |                                       |            |                |            |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 8                                     | 1.720      | 7              |            | 1   |                 | 25        |           |           |
| Iron, Fe.....mg                       | 1.51                                  | 0.069      | 7              |            | 1   |                 | 4.74      |           |           |
| Magnesium, Mg.....mg                  | 17                                    |            | 1              |            | 1   |                 | 53        |           |           |
| Phosphorus, P.....mg                  | 171                                   |            | 1              |            | 1   |                 | 537       |           |           |
| Potassium, K.....mg                   | 241                                   | 12.253     | 7              |            | 1   |                 | 757       |           |           |
| Sodium, Na.....mg                     | 437                                   | 51.562     | 7              |            | 1   |                 | 1372      |           |           |
| Zinc, Zn.....mg                       | 4.12                                  |            | 1              |            | 1   |                 | 12.94     |           |           |
| Copper, Cu.....mg                     | 0.139                                 |            | 1              |            | 1   |                 | 0.436     |           |           |
| Manganese, Mn.....mg                  | 0.015                                 |            | 0              |            | 4   |                 | 0.047     |           |           |
| Selenium, Se.....mcg                  | 27.9                                  |            | 0              | BFNN       | 4   |                 | 87.6      |           |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       |           |           |
| Thiamin.....mg                        | 0.083                                 | 0.004      | 6              |            | 1   |                 | 0.261     |           |           |
| Riboflavin.....mg                     | 0.255                                 | 0.018      | 6              |            | 1   |                 | 0.801     |           |           |
| Niacin.....mg                         | 2.409                                 |            | 0              |            | 4   |                 | 7.564     |           |           |
| Pantothenic acid.....mg               | 0.812                                 |            | 0              |            | 4   |                 | 2.550     |           |           |
| Vitamin B-6.....mg                    | 0.230                                 |            | 0              |            | 4   |                 | 0.722     |           |           |
| Folate, total.....mcg                 | 6                                     |            | 0              |            | 4   |                 | 19        |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         |           |           |
| Folate, food.....mcg                  | 6                                     |            | 0              |            | 4   |                 | 19        |           |           |
| Folate, DFE.....mcg_DFE               | 6                                     |            | 0              | NC         | 4   |                 | 19        |           |           |
| Vitamin B-12.....mcg                  | 0.24                                  |            | 0              |            | 4   |                 | 0.75      |           |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 1   |                 | 0         |           |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              |            | 1   |                 | 0         |           |           |
| Retinol.....mcg                       | 0                                     |            | 0              |            | 1   |                 | 0         |           |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 2.650                                 |            | 0              |            | 1   |                 | 8.321     |           |           |
| 4:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   |                 | 0.000     |           |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1   |                 | 0.031     |           |           |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.060                                 |            | 0              |            | 1   |                 | 0.188     |           |           |
| 15:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 16:0.....g                            | 1.550                                 |            | 0              |            | 1   |                 | 4.867     |           |           |
| 17:0.....g                            |                                       |            |                |            |   |                 |           |           |           |

NDB No. 05294

Turkey thigh, pre-basted, 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         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.530                                 |            | 0              |            | 1   |                 | 7.944     |           |           |
| 14:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.400                                 |            | 0              |            | 1   |                 | 1.256     |           |           |
| 17:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.060                                 |            | 0              |            | 1   |                 | 6.468     |           |           |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 1   |                 | 0.063     |           |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1   |                 | 0.031     |           |           |
| 24:1 c.....g                             |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.350                                 |            | 0              |            | 1   |                 | 7.379     |           |           |
| 18:2 undifferentiated.....g              | 1.970                                 |            | 0              |            | 1   |                 | 6.186     |           |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0              |            | 1   |                 | 0.314     |           |           |
| 18:4.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.210                                 |            | 0              |            | 1   |                 | 0.659     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1   |                 | 0.094     |           |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |            | 1   |                 | 0.126     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 62                                    | 5.653      | 6              |            | 1   |                 | 195       |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.210                                 |            | 0              |            | 1   |                 | 0.659     |           |           |
| Threonine.....g                          | 0.824                                 |            | 0              |            | 1   |                 | 2.587     |           |           |
| Isoleucine.....g                         | 0.954                                 |            | 0              |            | 1   |                 | 2.996     |           |           |
| Leucine.....g                            | 1.471                                 |            | 0              |            | 1   |                 | 4.619     |           |           |
| Lysine.....g                             | 1.727                                 |            | 0              |            | 1   |                 | 5.423     |           |           |
| Methionine.....g                         | 0.532                                 |            | 0              |            | 1   |                 | 1.670     |           |           |
| Cystine.....g                            | 0.205                                 |            | 0              |            | 1   |                 | 0.644     |           |           |
| Phenylalanine.....g                      | 0.737                                 |            | 0              |            | 1   |                 | 2.314     |           |           |
| Tyrosine.....g                           | 0.722                                 |            | 0              |            | 1   |                 | 2.267     |           |           |
| Valine.....g                             | 0.984                                 |            | 0              |            | 1   |                 | 3.090     |           |           |
| Arginine.....g                           | 1.317                                 |            | 0              |            | 1   |                 | 4.135     |           |           |
| Histidine.....g                          | 0.571                                 |            | 0              |            | 1   |                 | 1.793     |           |           |
| Alanine.....g                            | 1.183                                 |            | 0              |            | 1   |                 | 3.715     |           |           |
| Aspartic acid.....g                      | 1.811                                 |            | 0              |            | 1   |                 | 5.687     |           |           |
| Glutamic acid.....g                      | 3.019                                 |            | 0              |            | 1   |                 | 9.480     |           |           |
| Glycine.....g                            | 1.057                                 |            | 0              |            | 1   |                 | 3.319     |           |           |
| Proline.....g                            | 0.838                                 |            | 0              |            | 1   |                 | 2.631     |           |           |
| Serine.....g                             | 0.830                                 |            | 0              |            | 1   |                 | 2.606     |           |           |
| Hydroxyproline.....g                     |                                       |            |                |            |   |                 |           |           |           |

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

#### Common Measures:

Measure 1 = 314g: 1 thigh, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, all classes, back, meat and skin, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |       | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|-------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points | Code  |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |       |   |                 |           |           |           |
| Water.....g                           | 57.94                                 |            | 0              |       | 1   |                 | 81.12     | 151.80    | 19.70     |
| Energy.....kcal                       | 243                                   |            | 0              | NC    | 4   |                 | 340       | 637       | 83        |
| Energy.....kj                         | 1017                                  |            |                |       | 4   |                 | 1423      | 2664      | 346       |
| Protein (N x 6.25).....g              | 26.59                                 |            | 0              |       | 1   |                 | 37.23     | 69.67     | 9.04      |
| Total lipid (fat).....g               | 14.38                                 |            | 0              |       | 1   |                 | 20.13     | 37.68     | 4.89      |
| Ash.....g                             | 0.93                                  |            | 0              |       | 1   |                 | 1.30      | 2.44      | 0.32      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z     | 7   |                 | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z     | 7   |                 | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z     | 7   |                 | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |       |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |       |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 33                                    |            | 0              |       | 1   |                 | 46        | 86        | 11        |
| Iron, Fe.....mg                       | 2.19                                  |            | 0              |       | 1   |                 | 3.07      | 5.74      | 0.74      |
| Magnesium, Mg.....mg                  | 22                                    |            | 0              |       | 1   |                 | 31        | 58        | 7         |
| Phosphorus, P.....mg                  | 189                                   |            | 0              |       | 1   |                 | 265       | 495       | 64        |
| Potassium, K.....mg                   | 260                                   |            | 0              |       | 1   |                 | 364       | 681       | 88        |
| Sodium, Na.....mg                     | 73                                    |            | 0              |       | 1   |                 | 102       | 191       | 25        |
| Zinc, Zn.....mg                       | 3.92                                  |            | 0              |       | 1   |                 | 5.49      | 10.27     | 1.33      |
| Copper, Cu.....mg                     | 0.142                                 |            | 0              |       | 1   |                 | 0.199     | 0.372     | 0.048     |
| Manganese, Mn.....mg                  | 0.023                                 |            | 0              |       | 1   |                 | 0.032     | 0.060     | 0.008     |
| Selenium, Se.....mcg                  | 37.8                                  |            | 0              | BFYN  | 4   |                 | 52.9      | 99.0      | 12.9      |
| <b>Vitamins:</b>                      |                                       |            |                |       |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z     | 7   |                 | 0.0       | 0.0       | 0.0       |
| Thiamin.....mg                        | 0.054                                 |            | 0              |       | 1   |                 | 0.076     | 0.141     | 0.018     |
| Riboflavin.....mg                     | 0.224                                 |            | 0              |       | 1   |                 | 0.314     | 0.587     | 0.076     |
| Niacin.....mg                         | 3.446                                 |            | 0              |       | 1   |                 | 4.824     | 9.029     | 1.172     |
| Pantothenic acid.....mg               | 1.073                                 |            | 0              |       | 1   |                 | 1.502     | 2.811     | 0.365     |
| Vitamin B-6.....mg                    | 0.300                                 |            | 0              |       | 1   |                 | 0.420     | 0.786     | 0.102     |
| Folate, total.....mcg                 | 8                                     |            | 0              |       | 1   |                 | 11        | 21        | 3         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z     | 7   |                 | 0         | 0         | 0         |
| Folate, food.....mcg                  | 8                                     |            | 0              |       | 1   |                 | 11        | 21        | 3         |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0              | NC    | 4   |                 | 11        | 21        | 3         |
| Vitamin B-12.....mcg                  | 0.34                                  |            | 0              |       | 1   |                 | 0.48      | 0.89      | 0.12      |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |       | 1   |                 | 0         | 0         | 0         |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              | NC    | 4   |                 | 0         | 0         | 0         |
| Retinol.....mcg                       | 0                                     |            | 0              | NR    | 4   |                 | 0         | 0         | 0         |
| Vitamin E (alpha-tocopherol).....mg   | 0.59                                  |            | 0              | NR    | 4   |                 | 0.82      | 1.54      | 0.20      |
| Tocopherol, beta.....mg               |                                       |            |                |       |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |       |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |       |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |       |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 4.5                                   |            | 0              | BFSN  | 4   |                 | 6.2       | 11.7      | 1.5       |
| <b>Lipids:</b>                        |                                       |            |                |       |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 4.180                                 |            | 0              |       | 1   |                 | 5.852     | 10.952    | 1.421     |
| 4:0.....g                             | 0.000                                 |            | 0              |       | 1   |                 | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |       | 1   |                 | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |       | 1   |                 | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |       | 1   |                 | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.010                                 |            | 0              |       | 1   |                 | 0.014     | 0.026     | 0.003     |
| 13:0.....g                            |                                       |            |                |       |   |                 |           |           |           |
| 14:0.....g                            | 0.100                                 |            | 0              |       | 1   |                 | 0.140     | 0.262     | 0.034     |
| 15:0.....g                            |                                       |            |                |       |   |                 |           |           |           |
| 16:0.....g                            | 2.640                                 |            | 0              |       | 1   |                 | 3.696     | 6.917     | 0.898     |
| 17:0.....g                            |                                       |            |                |       |   |                 |           |           |           |
| 18:0.....g                            | 1.000                                 |            | 0              |       | 1   |                 | 1.400     | 2.620     | 0.340     |
| 20:0.....g                            |                                       |            |                |       |   |                 |           |           |           |
| 22:0.....g                            |                                       |            |                |       |   |                 |           |           |           |
| 24:0.....g                            |                                       |            |                |       |   |                 |           |           |           |

NDB No. 05190

Turkey, all classes, back, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.000                                 |            | 0              |            | 1           |   | 7.000     | 13.100    | 1.700     |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.830                                 |            | 0              |            | 1           |   | 1.162     | 2.175     | 0.282     |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.050                                 |            | 0              |            | 1           |   | 5.670     | 10.611    | 1.377     |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 1           |   | 0.028     | 0.052     | 0.007     |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.014     | 0.026     | 0.003     |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.700                                 |            | 0              |            | 1           |   | 5.180     | 9.694     | 1.258     |
| 18:2 undifferentiated.....g              | 3.180                                 |            | 0              |            | 1           |   | 4.452     | 8.332     | 1.081     |
| 18:3 undifferentiated.....g              | 0.190                                 |            | 0              |            | 1           |   | 0.266     | 0.498     | 0.065     |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.230                                 |            | 0              |            | 1           |   | 0.322     | 0.603     | 0.078     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.079     | 0.010     |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |            | 1           |   | 0.056     | 0.105     | 0.014     |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 91                                    |            | 0              |            | 1           |   | 127       | 238       | 31        |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.288                                 |            | 0              |            | 1           |   | 0.403     | 0.755     | 0.098     |
| Threonine.....g                          | 1.145                                 |            | 0              |            | 1           |   | 1.603     | 3.000     | 0.389     |
| Isoleucine.....g                         | 1.297                                 |            | 0              |            | 1           |   | 1.816     | 3.398     | 0.441     |
| Leucine.....g                            | 2.028                                 |            | 0              |            | 1           |   | 2.839     | 5.313     | 0.690     |
| Lysine.....g                             | 2.356                                 |            | 0              |            | 1           |   | 3.298     | 6.173     | 0.801     |
| Methionine.....g                         | 0.731                                 |            | 0              |            | 1           |   | 1.023     | 1.915     | 0.249     |
| Cystine.....g                            | 0.304                                 |            | 0              |            | 1           |   | 0.426     | 0.796     | 0.103     |
| Phenylalanine.....g                      | 1.029                                 |            | 0              |            | 1           |   | 1.441     | 2.696     | 0.350     |
| Tyrosine.....g                           | 0.978                                 |            | 0              |            | 1           |   | 1.369     | 2.562     | 0.333     |
| Valine.....g                             | 1.365                                 |            | 0              |            | 1           |   | 1.911     | 3.576     | 0.464     |
| Arginine.....g                           | 1.887                                 |            | 0              |            | 1           |   | 2.642     | 4.944     | 0.642     |
| Histidine.....g                          | 0.778                                 |            | 0              |            | 1           |   | 1.089     | 2.038     | 0.265     |
| Alanine.....g                            | 1.729                                 |            | 0              |            | 1           |   | 2.421     | 4.530     | 0.588     |
| Aspartic acid.....g                      | 2.549                                 |            | 0              |            | 1           |   | 3.569     | 6.678     | 0.867     |
| Glutamic acid.....g                      | 4.171                                 |            | 0              |            | 1           |   | 5.839     | 10.928    | 1.418     |
| Glycine.....g                            | 1.794                                 |            | 0              |            | 1           |   | 2.512     | 4.700     | 0.610     |
| Proline.....g                            | 1.329                                 |            | 0              |            | 1           |   | 1.861     | 3.482     | 0.452     |
| Serine.....g                             | 1.166                                 |            | 0              |            | 1           |   | 1.632     | 3.055     | 0.396     |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     | 0.000     |

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

#### Common Measures:

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

Measure 2 = 262g: .5 back, bone removed

Measure 3 = 34g: 1 unit (yield from 1 lb ready-to-cook turkey)

**NDB No. 05190**  
**Turkey, all classes, back, meat and skin, cooked, roasted**

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05189

Turkey, all classes, back, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.940                                 |            | 0                     |            | 1           |   | 17.833    | 2.322     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.840                                 |            | 0                     |            | 1           |   | 3.032     | 0.395     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.990                                 |            | 0                     |            | 1           |   | 14.404    | 1.875     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.036     | 0.005     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.036     | 0.005     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.230                                 |            | 0                     |            | 1           |   | 11.660    | 1.518     |           |
| 18:2 undifferentiated.....g              | 2.830                                 |            | 0                     |            | 1           |   | 10.216    | 1.330     |           |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0                     |            | 1           |   | 0.650     | 0.085     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0                     |            | 1           |   | 0.505     | 0.066     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.072     | 0.009     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1           |   | 0.108     | 0.014     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 74                                    |            | 0                     |            | 1           |   | 267       | 35        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.195                                 |            | 0                     |            | 1           |   | 0.704     | 0.092     |           |
| Threonine.....g                          | 0.777                                 |            | 0                     |            | 1           |   | 2.805     | 0.365     |           |
| Isoleucine.....g                         | 0.876                                 |            | 0                     |            | 1           |   | 3.162     | 0.412     |           |
| Leucine.....g                            | 1.374                                 |            | 0                     |            | 1           |   | 4.960     | 0.646     |           |
| Lysine.....g                             | 1.592                                 |            | 0                     |            | 1           |   | 5.747     | 0.748     |           |
| Methionine.....g                         | 0.495                                 |            | 0                     |            | 1           |   | 1.787     | 0.233     |           |
| Cystine.....g                            | 0.209                                 |            | 0                     |            | 1           |   | 0.754     | 0.098     |           |
| Phenylalanine.....g                      | 0.699                                 |            | 0                     |            | 1           |   | 2.523     | 0.329     |           |
| Tyrosine.....g                           | 0.660                                 |            | 0                     |            | 1           |   | 2.383     | 0.310     |           |
| Valine.....g                             | 0.926                                 |            | 0                     |            | 1           |   | 3.343     | 0.435     |           |
| Arginine.....g                           | 1.288                                 |            | 0                     |            | 1           |   | 4.650     | 0.605     |           |
| Histidine.....g                          | 0.525                                 |            | 0                     |            | 1           |   | 1.895     | 0.247     |           |
| Alanine.....g                            | 1.185                                 |            | 0                     |            | 1           |   | 4.278     | 0.557     |           |
| Aspartic acid.....g                      | 1.734                                 |            | 0                     |            | 1           |   | 6.260     | 0.815     |           |
| Glutamic acid.....g                      | 2.827                                 |            | 0                     |            | 1           |   | 10.205    | 1.329     |           |
| Glycine.....g                            | 1.263                                 |            | 0                     |            | 1           |   | 4.559     | 0.594     |           |
| Proline.....g                            | 0.925                                 |            | 0                     |            | 1           |   | 3.339     | 0.435     |           |
| Serine.....g                             | 0.793                                 |            | 0                     |            | 1           |   | 2.863     | 0.373     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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#### Common Measures:

Measure 1 = 361g: .5 back, bone removed

Measure 2 = 47g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05192

Turkey, all classes, breast, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       | Amount in edible portion of common measures of food |            |           |           |           |
|--|---------------------------------------|------------|----------------|-------|---|------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.450                                 |            | 0              |       | 1   |            | 2.744     | 21.168    |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 0.400                                 |            | 0              |       | 1   |            | 0.448     | 3.456     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 1.980                                 |            | 0              |       | 1   |            | 2.218     | 17.107    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |       | 1   |            | 0.011     | 0.086     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |       | 1   |            | 0.011     | 0.086     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.800                                 |            | 0              |       | 1   |            | 2.016     | 15.552    |           |
| 18:2 undifferentiated.....g              | 1.450                                 |            | 0              |       | 1   |            | 1.624     | 12.528    |           |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0              |       | 1   |            | 0.090     | 0.691     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 0              |       | 1   |            | 0.179     | 1.382     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |       | 1   |            | 0.034     | 0.259     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |       | 1   |            | 0.034     | 0.259     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 74                                    |            | 0              |       | 1   |            | 83        | 639       |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |   |            |           |           |           |
| 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                     |                                       |            |                |       |   |            |           |           |           |

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#### 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 17 (2004)



NDB No. 05191

Turkey, all classes, breast, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        |            | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |            |                                    |           |           |
|  |                                       |            | Points  |       |        |            |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 2.660                                 |            | 0       |       | 1      |            | 3.884                              | 30.111    |           |
| 14:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 15:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.450                                 |            | 0       |       | 1      |            | 0.657                              | 5.094     |           |
| 17:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 18:1 undifferentiated.....g              | 2.150                                 |            | 0       |       | 1      |            | 3.139                              | 24.338    |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |            | 0.015                              | 0.113     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |            | 0.015                              | 0.113     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |            |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 1.660                                 |            | 0       |       | 1      |            | 2.424                              | 18.791    |           |
| 18:2 undifferentiated.....g              | 1.410                                 |            | 0       |       | 1      |            | 2.059                              | 15.961    |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0       |       | 1      |            | 0.131                              | 1.019     |           |
| 18:4.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |            |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |            |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0       |       | 1      |            | 0.131                              | 1.019     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |            | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |            | 0.015                              | 0.113     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |            | 0.015                              | 0.113     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |            |                                    |           |           |
| Cholesterol.....mg                       | 65                                    |            | 0       |       | 1      |            | 95                                 | 736       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |            |                                    |           |           |
| Amino Acids:                             |                                       |            |         |       |        |            |                                    |           |           |
| Tryptophan.....g                         | 0.242                                 |            | 0       |       | 1      |            | 0.353                              | 2.739     |           |
| Threonine.....g                          | 0.957                                 |            | 0       |       | 1      |            | 1.397                              | 10.833    |           |
| Isoleucine.....g                         | 1.099                                 |            | 0       |       | 1      |            | 1.605                              | 12.441    |           |
| Leucine.....g                            | 1.704                                 |            | 0       |       | 1      |            | 2.488                              | 19.289    |           |
| Lysine.....g                             | 1.996                                 |            | 0       |       | 1      |            | 2.914                              | 22.595    |           |
| Methionine.....g                         | 0.616                                 |            | 0       |       | 1      |            | 0.899                              | 6.973     |           |
| Cystine.....g                            | 0.240                                 |            | 0       |       | 1      |            | 0.350                              | 2.717     |           |
| Phenylalanine.....g                      | 0.857                                 |            | 0       |       | 1      |            | 1.251                              | 9.701     |           |
| Tyrosine.....g                           | 0.832                                 |            | 0       |       | 1      |            | 1.215                              | 9.418     |           |
| Valine.....g                             | 1.141                                 |            | 0       |       | 1      |            | 1.666                              | 12.916    |           |
| Arginine.....g                           | 1.541                                 |            | 0       |       | 1      |            | 2.250                              | 17.444    |           |
| Histidine.....g                          | 0.660                                 |            | 0       |       | 1      |            | 0.964                              | 7.471     |           |
| Alanine.....g                            | 1.392                                 |            | 0       |       | 1      |            | 2.032                              | 15.757    |           |
| Aspartic acid.....g                      | 2.111                                 |            | 0       |       | 1      |            | 3.082                              | 23.897    |           |
| Glutamic acid.....g                      | 3.497                                 |            | 0       |       | 1      |            | 5.106                              | 39.586    |           |
| Glycine.....g                            | 1.299                                 |            | 0       |       | 1      |            | 1.897                              | 14.705    |           |
| Proline.....g                            | 1.011                                 |            | 0       |       | 1      |            | 1.476                              | 11.445    |           |
| Serine.....g                             | 0.966                                 |            | 0       |       | 1      |            | 1.410                              | 10.935    |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |            |                                    |           |           |

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#### 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 17 (2004)

**Turkey, all classes, dark meat, cooked, roasted**

**Refuse:** 37% 27% bone, 10% skin

[illegible]

NDB No. 05188

Turkey, all classes, dark meat, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.640                                 |            | 0              |            | 1           |   | 2.296     | 1.492     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.240                                 |            | 0              |            | 1           |   | 0.336     | 0.218     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.350                                 |            | 0              |            | 1           |   | 1.890     | 1.229     |           |
| 20:1.....g                               | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.027     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0              |            | 1           |   | 0.028     | 0.018     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.160                                 |            | 0              |            | 1           |   | 3.024     | 1.966     |           |
| 18:2 undifferentiated.....g              | 1.750                                 |            | 0              |            | 1           |   | 2.450     | 1.593     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0              |            | 1           |   | 0.098     | 0.064     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.260                                 |            | 0              |            | 1           |   | 0.364     | 0.237     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0              |            | 1           |   | 0.056     | 0.036     |           |
| 22:6 n-3.....g                           | 0.060                                 |            | 0              |            | 1           |   | 0.084     | 0.055     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 85                                    |            | 0              |            | 1           |   | 119       | 77        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.325                                 |            | 0              |            | 1           |   | 0.455     | 0.296     |           |
| Threonine.....g                          | 1.271                                 |            | 0              |            | 1           |   | 1.779     | 1.157     |           |
| Isoleucine.....g                         | 1.485                                 |            | 0              |            | 1           |   | 2.079     | 1.351     |           |
| Leucine.....g                            | 2.276                                 |            | 0              |            | 1           |   | 3.186     | 2.071     |           |
| Lysine.....g                             | 2.693                                 |            | 0              |            | 1           |   | 3.770     | 2.451     |           |
| Methionine.....g                         | 0.828                                 |            | 0              |            | 1           |   | 1.159     | 0.753     |           |
| Cystine.....g                            | 0.297                                 |            | 0              |            | 1           |   | 0.416     | 0.270     |           |
| Phenylalanine.....g                      | 1.134                                 |            | 0              |            | 1           |   | 1.588     | 1.032     |           |
| Tyrosine.....g                           | 1.129                                 |            | 0              |            | 1           |   | 1.581     | 1.027     |           |
| Valine.....g                             | 1.518                                 |            | 0              |            | 1           |   | 2.125     | 1.381     |           |
| Arginine.....g                           | 1.993                                 |            | 0              |            | 1           |   | 2.790     | 1.814     |           |
| Histidine.....g                          | 0.892                                 |            | 0              |            | 1           |   | 1.249     | 0.812     |           |
| Alanine.....g                            | 1.769                                 |            | 0              |            | 1           |   | 2.477     | 1.610     |           |
| Aspartic acid.....g                      | 2.775                                 |            | 0              |            | 1           |   | 3.885     | 2.525     |           |
| Glutamic acid.....g                      | 4.663                                 |            | 0              |            | 1           |   | 6.528     | 4.243     |           |
| Glycine.....g                            | 1.417                                 |            | 0              |            | 1           |   | 1.984     | 1.289     |           |
| Proline.....g                            | 1.188                                 |            | 0              |            | 1           |   | 1.663     | 1.081     |           |
| Serine.....g                             | 1.271                                 |            | 0              |            | 1           |   | 1.779     | 1.157     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

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

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



**NDB No. 05188**  
**Turkey, all classes, dark meat, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, all classes, dark meat, meat and skin, cooked, roasted**

[illegible]

NDB No. 05184

Turkey, all classes, dark meat, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.650                                 |            | 0                     |            | 1   |                 | 5.110     | 3.796     | 29.492    |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.590                                 |            | 0                     |            | 1   |                 | 0.826     | 0.614     | 4.767     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.970                                 |            | 0                     |            | 1   |                 | 4.158     | 3.089     | 23.998    |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.021     | 0.162     |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.021     | 0.162     |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.090                                 |            | 0                     |            | 1   |                 | 4.326     | 3.214     | 24.967    |
| 18:2 undifferentiated.....g              | 2.610                                 |            | 0                     |            | 1   |                 | 3.654     | 2.714     | 21.089    |
| 18:3 undifferentiated.....g              | 0.140                                 |            | 0                     |            | 1   |                 | 0.196     | 0.146     | 1.131     |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.240                                 |            | 0                     |            | 1   |                 | 0.336     | 0.250     | 1.939     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.042     | 0.031     | 0.242     |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                     |            | 1   |                 | 0.070     | 0.052     | 0.404     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 89                                    |            | 0                     |            | 1   |                 | 125       | 93        | 719       |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| Amino Acids:                             |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.304                                 |            | 0                     |            | 1   |                 | 0.426     | 0.316     | 2.456     |
| Threonine.....g                          | 1.200                                 |            | 0                     |            | 1   |                 | 1.680     | 1.248     | 9.696     |
| Isoleucine.....g                         | 1.379                                 |            | 0                     |            | 1   |                 | 1.931     | 1.434     | 11.142    |
| Leucine.....g                            | 2.138                                 |            | 0                     |            | 1   |                 | 2.993     | 2.224     | 17.275    |
| Lysine.....g                             | 2.503                                 |            | 0                     |            | 1   |                 | 3.504     | 2.603     | 20.224    |
| Methionine.....g                         | 0.774                                 |            | 0                     |            | 1   |                 | 1.084     | 0.805     | 6.254     |
| Cystine.....g                            | 0.302                                 |            | 0                     |            | 1   |                 | 0.423     | 0.314     | 2.440     |
| Phenylalanine.....g                      | 1.076                                 |            | 0                     |            | 1   |                 | 1.506     | 1.119     | 8.694     |
| Tyrosine.....g                           | 1.044                                 |            | 0                     |            | 1   |                 | 1.462     | 1.086     | 8.436     |
| Valine.....g                             | 1.432                                 |            | 0                     |            | 1   |                 | 2.005     | 1.489     | 11.571    |
| Arginine.....g                           | 1.936                                 |            | 0                     |            | 1   |                 | 2.710     | 2.013     | 15.643    |
| Histidine.....g                          | 0.828                                 |            | 0                     |            | 1   |                 | 1.159     | 0.861     | 6.690     |
| Alanine.....g                            | 1.750                                 |            | 0                     |            | 1   |                 | 2.450     | 1.820     | 14.140    |
| Aspartic acid.....g                      | 2.650                                 |            | 0                     |            | 1   |                 | 3.710     | 2.756     | 21.412    |
| Glutamic acid.....g                      | 4.388                                 |            | 0                     |            | 1   |                 | 6.143     | 4.564     | 35.455    |
| Glycine.....g                            | 1.641                                 |            | 0                     |            | 1   |                 | 2.297     | 1.707     | 13.259    |
| Proline.....g                            | 1.274                                 |            | 0                     |            | 1   |                 | 1.784     | 1.325     | 10.294    |
| Serine.....g                             | 1.213                                 |            | 0                     |            | 1   |                 | 1.698     | 1.262     | 9.801     |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| Others:                                  |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     |            | 7   |                 | 0.0       | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         | 0         |
| Carotenoids:                             |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |

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#### Common Measures:

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

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 808g: .5 turkey, bone removed

**NDB No. 05184**  
**Turkey, all classes, dark meat, meat and skin, cooked, roasted**

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05183

Turkey, all classes, 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         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.000                                 |            | 0              |       | 1   |            | 4.560     | 35.280    |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 0.500                                 |            | 0              |       | 1   |            | 0.760     | 5.880     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 2.430                                 |            | 0              |       | 1   |            | 3.694     | 28.577    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |       | 1   |            | 0.015     | 0.118     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |       | 1   |            | 0.015     | 0.118     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.280                                 |            | 0              |       | 1   |            | 3.466     | 26.813    |           |
| 18:2 undifferentiated.....g              | 1.950                                 |            | 0              |       | 1   |            | 2.964     | 22.932    |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0              |       | 1   |            | 0.167     | 1.294     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0              |       | 1   |            | 0.228     | 1.764     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |       | 1   |            | 0.030     | 0.235     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |       | 1   |            | 0.046     | 0.353     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 72                                    |            | 0              |       | 1   |            | 109       | 847       |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |   |            |           |           |           |
| Tryptophan.....g                         | 0.209                                 |            | 0              |       | 1   |            | 0.318     | 2.458     |           |
| Threonine.....g                          | 0.826                                 |            | 0              |       | 1   |            | 1.256     | 9.714     |           |
| Isoleucine.....g                         | 0.950                                 |            | 0              |       | 1   |            | 1.444     | 11.172    |           |
| Leucine.....g                            | 1.472                                 |            | 0              |       | 1   |            | 2.237     | 17.311    |           |
| Lysine.....g                             | 1.724                                 |            | 0              |       | 1   |            | 2.620     | 20.274    |           |
| Methionine.....g                         | 0.533                                 |            | 0              |       | 1   |            | 0.810     | 6.268     |           |
| Cystine.....g                            | 0.208                                 |            | 0              |       | 1   |            | 0.316     | 2.446     |           |
| Phenylalanine.....g                      | 0.741                                 |            | 0              |       | 1   |            | 1.126     | 8.714     |           |
| Tyrosine.....g                           | 0.719                                 |            | 0              |       | 1   |            | 1.093     | 8.455     |           |
| Valine.....g                             | 0.986                                 |            | 0              |       | 1   |            | 1.499     | 11.595    |           |
| Arginine.....g                           | 1.332                                 |            | 0              |       | 1   |            | 2.025     | 15.664    |           |
| Histidine.....g                          | 0.570                                 |            | 0              |       | 1   |            | 0.866     | 6.703     |           |
| Alanine.....g                            | 1.204                                 |            | 0              |       | 1   |            | 1.830     | 14.159    |           |
| Aspartic acid.....g                      | 1.824                                 |            | 0              |       | 1   |            | 2.772     | 21.450    |           |
| Glutamic acid.....g                      | 3.021                                 |            | 0              |       | 1   |            | 4.592     | 35.527    |           |
| Glycine.....g                            | 1.125                                 |            | 0              |       | 1   |            | 1.710     | 13.230    |           |
| Proline.....g                            | 0.875                                 |            | 0              |       | 1   |            | 1.330     | 10.290    |           |
| Serine.....g                             | 0.835                                 |            | 0              |       | 1   |            | 1.269     | 9.820     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |   |            |           |           |           |

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

**Common Measures:**

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1176g: .5 turkey, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05187

Turkey, all classes, dark meat, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total monounsaturated.....g | 0.990                                 |            | 0                        |               | 1              |                    | 1.307   | 10.068    |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 0.150                                 |            | 0                        |               | 1              |                    | 0.198   | 1.526     |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 0.820                                 |            | 0                        |               | 1              |                    | 1.082   | 8.339     |           |
| 20:1.....g                               | 0.020                                 |            | 0                        |               | 1              |                    | 0.026   | 0.203     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                        |               | 1              |                    | 0.013   | 0.102     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.310                                 |            | 0                        |               | 1              |                    | 1.729   | 13.323    |           |
| 18:2 undifferentiated.....g              | 1.060                                 |            | 0                        |               | 1              |                    | 1.399   | 10.780    |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                        |               | 1              |                    | 0.053   | 0.407     |           |
| 18:4.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 0                        |               | 1              |                    | 0.211   | 1.627     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                        |               | 4              |                    | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1              |                    | 0.026   | 0.203     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                        |               | 1              |                    | 0.040   | 0.305     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 69                                    |            | 0                        |               | 1              |                    | 91  | 702       |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| Tryptophan.....g                         | 0.228                                 |            | 0                        |               | 1              |                    | 0.301   | 2.319     |           |
| Threonine.....g                          | 0.893                                 |            | 0                        |               | 1              |                    | 1.179   | 9.082     |           |
| Isoleucine.....g                         | 1.044                                 |            | 0                        |               | 1              |                    | 1.378   | 10.617    |           |
| Leucine.....g                            | 1.600                                 |            | 0                        |               | 1              |                    | 2.112   | 16.272    |           |
| Lysine.....g                             | 1.892                                 |            | 0                        |               | 1              |                    | 2.497   | 19.242    |           |
| Methionine.....g                         | 0.581                                 |            | 0                        |               | 1              |                    | 0.767   | 5.909     |           |
| Cystine.....g                            | 0.209                                 |            | 0                        |               | 1              |                    | 0.276   | 2.126     |           |
| Phenylalanine.....g                      | 0.796                                 |            | 0                        |               | 1              |                    | 1.051   | 8.095     |           |
| Tyrosine.....g                           | 0.793                                 |            | 0                        |               | 1              |                    | 1.047   | 8.065     |           |
| Valine.....g                             | 1.067                                 |            | 0                        |               | 1              |                    | 1.408   | 10.851    |           |
| Arginine.....g                           | 1.400                                 |            | 0                        |               | 1              |                    | 1.848   | 14.238    |           |
| Histidine.....g                          | 0.626                                 |            | 0                        |               | 1              |                    | 0.826   | 6.366     |           |
| Alanine.....g                            | 1.243                                 |            | 0                        |               | 1              |                    | 1.641   | 12.641    |           |
| Aspartic acid.....g                      | 1.950                                 |            | 0                        |               | 1              |                    | 2.574   | 19.832    |           |
| Glutamic acid.....g                      | 3.276                                 |            | 0                        |               | 1              |                    | 4.324   | 33.317    |           |
| Glycine.....g                            | 0.996                                 |            | 0                        |               | 1              |                    | 1.315   | 10.129    |           |
| Proline.....g                            | 0.835                                 |            | 0                        |               | 1              |                    | 1.102   | 8.492     |           |
| Serine.....g                             | 0.893                                 |            | 0                        |               | 1              |                    | 1.179   | 9.082     |           |
| Hydroxyproline.....g                     |                                       |            |                          |               |                |                    |   |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        | z             | 7              |                    | 0.0   | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |   |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |   |           |           |

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

**Common Measures:**

Measure 1 = 132g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1017g: .5 turkey, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Turkey, all classes, giblets, cooked, simmered, some giblet fat**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 65.26                                 |            | 0                     | PAK        | 1   |                 | 94.63     | 6.53      |           |
| Energy.....kcal                       | 199                                   |            | 0                     | PAK        | 1   |                 | 289       | 20        |           |
| Energy.....kj                         | 834                                   |            | 0                     | PAK        | 1   |                 | 1209      | 83        |           |
| Protein (N x 6.25).....g              | 20.89                                 |            | 0                     | PAK        | 1   |                 | 30.29     | 2.09      |           |
| Total lipid (fat).....g               | 11.86                                 |            | 0                     | PAK        | 1   |                 | 17.20     | 1.19      |           |
| Ash.....g                             | 1.18                                  |            | 0                     | PAK        | 1   |                 | 1.72      | 0.12      |           |
| Carbohydrate, by difference.....g     | 0.80                                  |            | 0                     | PIK        | 4   |                 | 1.17      | 0.08      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | PIK        | 4   |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | PIK        | 4   |                 | 0.00      | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 6                                     |            | 0                     | PAK        | 1   |                 | 9         | 1         |           |
| Iron, Fe.....mg                       | 7.71                                  |            | 0                     | PAK        | 1   |                 | 11.17     | 0.77      |           |
| Magnesium, Mg.....mg                  | 18                                    |            | 0                     | PAK        | 1   |                 | 26        | 2         |           |
| Phosphorus, P.....mg                  | 231                                   |            | 0                     | PAK        | 1   |                 | 335       | 23        |           |
| Potassium, K.....mg                   | 270                                   |            | 0                     | PAK        | 1   |                 | 392       | 27        |           |
| Sodium, Na.....mg                     | 64                                    |            | 0                     | PAK        | 1   |                 | 93        | 6         |           |
| Zinc, Zn.....mg                       | 3.12                                  |            | 0                     | PAK        | 1   |                 | 4.53      | 0.31      |           |
| Copper, Cu.....mg                     | 0.269                                 |            | 0                     | PAK        | 1   |                 | 0.389     | 0.027     |           |
| Manganese, Mn.....mg                  | 0.159                                 |            | 0                     | PAK        | 1   |                 | 0.231     | 0.016     |           |
| Selenium, Se.....mcg                  | 57.9                                  |            | 0                     | PAK        | 1   |                 | 84.0      | 5.8       |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 13.7                                  |            | 0                     | PAK        | 1   |                 | 19.9      | 1.4       |           |
| Thiamin.....mg                        | 0.027                                 |            | 0                     | PAK        | 1   |                 | 0.039     | 0.003     |           |
| Riboflavin.....mg                     | 1.503                                 |            | 0                     | PAK        | 1   |                 | 2.179     | 0.150     |           |
| Niacin.....mg                         | 6.998                                 |            | 0                     | PAK        | 1   |                 | 10.147    | 0.700     |           |
| Pantothenic acid.....mg               | 2.447                                 |            | 0                     | PAK        | 1   |                 | 3.549     | 0.245     |           |
| Vitamin B-6.....mg                    | 0.581                                 |            | 0                     | PAK        | 1   |                 | 0.843     | 0.058     |           |
| Folate, total.....mcg                 | 335                                   |            | 0                     | PAK        | 1   |                 | 485       | 33        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | PIK        | 4   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 335                                   |            | 0                     | PAK        | 1   |                 | 485       | 33        |           |
| Folate, DFE.....mcg_DFE               | 335                                   |            | 0                     | NC         | 4   |                 | 485       | 33        |           |
| Vitamin B-12.....mcg                  | 33.25                                 |            | 0                     | PAK        | 1   |                 | 48.21     | 3.32      |           |
| Vitamin A, IU.....IU                  | 35790                                 |            | 0                     | PAK        | 1   |                 | 51895     | 3579      |           |
| Vitamin A, RAE.....mcg_RAE            | 10737                                 |            | 0                     | AS         | 1   |                 | 15569     | 1074      |           |
| Retinol.....mcg                       | 10737                                 |            | 0                     | PAK        | 1   |                 | 15569     | 1074      |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.08                                  |            | 0                     | PAK        | 1   |                 | 0.11      | 0.01      |           |
| Tocopherol, beta.....mg               | 0.00                                  |            | 0                     | PAK        | 1   |                 | 0.00      | 0.00      |           |
| Tocopherol, gamma.....mg              | 0.12                                  |            | 0                     | PAK        | 1   |                 | 0.18      | 0.01      |           |
| Tocopherol, delta.....mg              | 0.00                                  |            | 0                     | PAK        | 1   |                 | 0.00      | 0.00      |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.6                                   |            | 0                     | PAK        | 1   |                 | 0.8       | 0.1       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 3.923                                 |            | 0                     | PAK        | 1   |                 | 5.688     | 0.392     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | PIK        | 4   |                 | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | PIK        | 4   |                 | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 0                     | PAK        | 1   |                 | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 0                     | PAK        | 1   |                 | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0                     | PAK        | 1   |                 | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.067                                 |            | 0                     | PAK        | 1   |                 | 0.098     | 0.007     |           |
| 15:0.....g                            | 0.000                                 |            | 0                     | PAK        | 1   |                 | 0.000     | 0.000     |           |
| 16:0.....g                            | 2.731                                 |            | 0                     | PAK        | 1   |                 | 3.959     | 0.273     |           |
| 17:0.....g                            | 0.004                                 |            | 0                     | PAK        | 1   |                 | 0.005     | 0.000     |           |
| 18:0.....g                            | 1.117                                 |            | 0                     | PA         |   |                 |           |           |           |

NDB No. 05172

Turkey, all classes, giblets, cooked, simmered, some giblet fat

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 4.954                                 |            | 0                     | PAK        | 1           |                 | 7.184   | 0.495     |           |
| 14:1.....g                               | 0.022                                 |            | 0                     | PAK        | 1           |                 | 0.032   | 0.002     |           |
| 15:1.....g                               | 0.000                                 |            | 0                     | PAK        | 1           |                 | 0.000   | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.618                                 |            | 0                     | PAK        | 1           |                 | 0.896   | 0.062     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 4.289                                 |            | 0                     | PAK        | 1           |                 | 6.220   | 0.429     |           |
| 20:1.....g                               | 0.025                                 |            | 0                     | PAK        | 1           |                 | 0.036   | 0.002     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | PIK        | 4           |                 | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.260                                 |            | 0                     | PAK        | 1           |                 | 1.826   | 0.126     |           |
| 18:2 undifferentiated.....g              | 0.996                                 |            | 0                     | PAK        | 1           |                 | 1.445   | 0.100     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                     | PAK        | 1           |                 | 0.015   | 0.001     |           |
| 18:3 n-6 c,c,c.....g                     | 0.010                                 |            | 0                     | PAK        | 1           |                 | 0.015   | 0.001     |           |
| 18:3i.....g                              |                                       |            |                       |            |             |                 |   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | PIK        | 4           |                 | 0.000   | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.006                                 |            | 0                     | PAK        | 1           |                 | 0.008   | 0.001     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 0                     | PAK        | 1           |                 | 0.000   | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.247                                 |            | 0                     | PAK        | 1           |                 | 0.358   | 0.025     |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | PIK        | 4           |                 | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | PIK        | 4           |                 | 0.000   | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | PIK        | 4           |                 | 0.000   | 0.000     |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 0                     | PAK        | 1           |                 | 0.000   | 0.000     |           |
| Cholesterol.....mg                       | 289                                   |            | 0                     | PAK        | 1           |                 | 419   | 29        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | PAK        | 1           |                 | 0.000   | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | PAK        | 1           |                 | 0.000   | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | PAK        | 1           |                 | 0.000   | 0.000     |           |
| Lycopene.....mcg                         | 3                                     |            | 0                     | PAK        | 1           |                 | 4.640   | 0.320     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | PIK        | 4           |                 | 0.000   | 0.000     |           |

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**Common Measures:**

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

Measure 2 = 10.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05171**  
**Turkey, all classes, giblets, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.910                                 |            | 0       |       | 1      |   | 0.146     | 2.220     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.160                                 |            | 0       |       | 1      |   | 0.026     | 0.390     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.730                                 |            | 0       |       | 1      |   | 0.117     | 1.781     |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.030                                 |            | 0       |       | 1      |   | 0.165     | 2.513     |           |
| 18:2 undifferentiated.....g              | 0.710                                 |            | 0       |       | 1      |   | 0.114     | 1.732     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |   | 0.002     | 0.024     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.270                                 |            | 0       |       | 1      |   | 0.043     | 0.659     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 282                                   |            | 0       |       | 1      |   | 45        | 688       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.225                                 |            | 0       |       | 1      |   | 0.036     | 0.549     |           |
| Threonine.....g                          | 0.877                                 |            | 0       |       | 1      |   | 0.140     | 2.140     |           |
| Isoleucine.....g                         | 0.977                                 |            | 0       |       | 1      |   | 0.156     | 2.384     |           |
| Leucine.....g                            | 1.564                                 |            | 0       |       | 1      |   | 0.250     | 3.816     |           |
| Lysine.....g                             | 1.425                                 |            | 0       |       | 1      |   | 0.228     | 3.477     |           |
| Methionine.....g                         | 0.482                                 |            | 0       |       | 1      |   | 0.077     | 1.176     |           |
| Cystine.....g                            | 0.258                                 |            | 0       |       | 1      |   | 0.041     | 0.630     |           |
| Phenylalanine.....g                      | 0.881                                 |            | 0       |       | 1      |   | 0.141     | 2.150     |           |
| Tyrosine.....g                           | 0.640                                 |            | 0       |       | 1      |   | 0.102     | 1.562     |           |
| Valine.....g                             | 1.046                                 |            | 0       |       | 1      |   | 0.167     | 2.552     |           |
| Arginine.....g                           | 1.286                                 |            | 0       |       | 1      |   | 0.206     | 3.138     |           |
| Histidine.....g                          | 0.457                                 |            | 0       |       | 1      |   | 0.073     | 1.115     |           |
| Alanine.....g                            | 0.970                                 |            | 0       |       | 1      |   | 0.155     | 2.367     |           |
| Aspartic acid.....g                      | 1.818                                 |            | 0       |       | 1      |   | 0.291     | 4.436     |           |
| Glutamic acid.....g                      | 2.913                                 |            | 0       |       | 1      |   | 0.466     | 7.108     |           |
| Glycine.....g                            | 1.070                                 |            | 0       |       | 1      |   | 0.171     | 2.611     |           |
| Proline.....g                            | 0.984                                 |            | 0       |       | 1      |   | 0.157     | 2.401     |           |
| Serine.....g                             | 0.843                                 |            | 0       |       | 1      |   | 0.135     | 2.057     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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**Common Measures:**

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

Measure 2 = 244g: 1 giblets

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05194

Turkey, all classes, leg, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.870                                 |            | 0              |            | 1           |   | 2.038     | 15.670    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.460                                 |            | 0              |            | 1           |   | 0.327     | 2.512     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.340                                 |            | 0              |            | 1           |   | 1.661     | 12.776    |           |
| 20:1.....g                               | 0.030                                 |            | 0              |            | 1           |   | 0.021     | 0.164     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0              |            | 1           |   | 0.014     | 0.109     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.720                                 |            | 0              |            | 1           |   | 1.931     | 14.851    |           |
| 18:2 undifferentiated.....g              | 2.270                                 |            | 0              |            | 1           |   | 1.612     | 12.394    |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0              |            | 1           |   | 0.078     | 0.601     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.240                                 |            | 0              |            | 1           |   | 0.170     | 1.310     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.021     | 0.164     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0              |            | 1           |   | 0.036     | 0.273     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 85                                    |            | 0              |            | 1           |   | 60        | 464       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.311                                 |            | 0              |            | 1           |   | 0.221     | 1.698     |           |
| Threonine.....g                          | 1.225                                 |            | 0              |            | 1           |   | 0.870     | 6.689     |           |
| Isoleucine.....g                         | 1.417                                 |            | 0              |            | 1           |   | 1.006     | 7.737     |           |
| Leucine.....g                            | 2.187                                 |            | 0              |            | 1           |   | 1.553     | 11.941    |           |
| Lysine.....g                             | 2.571                                 |            | 0              |            | 1           |   | 1.825     | 14.038    |           |
| Methionine.....g                         | 0.793                                 |            | 0              |            | 1           |   | 0.563     | 4.330     |           |
| Cystine.....g                            | 0.300                                 |            | 0              |            | 1           |   | 0.213     | 1.638     |           |
| Phenylalanine.....g                      | 1.096                                 |            | 0              |            | 1           |   | 0.778     | 5.984     |           |
| Tyrosine.....g                           | 1.074                                 |            | 0              |            | 1           |   | 0.763     | 5.864     |           |
| Valine.....g                             | 1.463                                 |            | 0              |            | 1           |   | 1.039     | 7.988     |           |
| Arginine.....g                           | 1.956                                 |            | 0              |            | 1           |   | 1.389     | 10.680    |           |
| Histidine.....g                          | 0.850                                 |            | 0              |            | 1           |   | 0.604     | 4.641     |           |
| Alanine.....g                            | 1.756                                 |            | 0              |            | 1           |   | 1.247     | 9.588     |           |
| Aspartic acid.....g                      | 2.695                                 |            | 0              |            | 1           |   | 1.913     | 14.715    |           |
| Glutamic acid.....g                      | 4.486                                 |            | 0              |            | 1           |   | 3.185     | 24.494    |           |
| Glycine.....g                            | 1.559                                 |            | 0              |            | 1           |   | 1.107     | 8.512     |           |
| Proline.....g                            | 1.242                                 |            | 0              |            | 1           |   | 0.882     | 6.781     |           |
| Serine.....g                             | 1.233                                 |            | 0              |            | 1           |   | 0.875     | 6.732     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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#### Common Measures:

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

Measure 2 = 546g: 1 leg, bone removed

**NDB No. 05194**  
**Turkey, all classes, leg, meat and skin, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05193

Turkey, all classes, leg, meat and skin, raw

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |                |       |        |            | <u>Amount in edible portion of common</u> |           |           |
|--|--|------------|----------------|-------|--------|------------|---|-----------|-----------|
|  | Mean   | Std. Error | Number         | Deriv | Source | Confidence | Measure 1                                 | Measure 2 | Measure 3 |
|  |  |            | of Data Points | Code  | Code   | Code       |   |           |           |
| <hr/>                                    |  |            |                |       |        |            |   |           |           |
| Fatty acids, total monounsaturated.....g | 2.060  |            | 0              |       | 1      |            | 2.163                                     | 16.810    |           |
| 14:1.....g                               |  |            |                |       |        |            |   |           |           |
| 15:1.....g                               |  |            |                |       |        |            |   |           |           |
| 16:1 undifferentiated.....g              | 0.330  |            | 0              |       | 1      |            | 0.347                                     | 2.693     |           |
| 17:1.....g                               |  |            |                |       |        |            |   |           |           |
| 18:1 undifferentiated.....g              | 1.680  |            | 0              |       | 1      |            | 1.764                                     | 13.709    |           |
| 20:1.....g                               | 0.020  |            | 0              |       | 1      |            | 0.021                                     | 0.163     |           |
| 22:1 undifferentiated.....g              | 0.010  |            | 0              |       | 1      |            | 0.011                                     | 0.082     |           |
| 24:1 c.....g                             |  |            |                |       |        |            |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.830  |            | 0              |       | 1      |            | 1.922                                     | 14.933    |           |
| 18:2 undifferentiated.....g              | 1.540  |            | 0              |       | 1      |            | 1.617                                     | 12.566    |           |
| 18:3 undifferentiated.....g              | 0.080  |            | 0              |       | 1      |            | 0.084                                     | 0.653     |           |
| 18:4.....g                               |  |            |                |       |        |            |   |           |           |
| 20:2 n-6 c,c.....g                       |  |            |                |       |        |            |   |           |           |
| 20:3 undifferentiated.....g              |  |            |                |       |        |            |   |           |           |
| 20:4 undifferentiated.....g              | 0.150  |            | 0              |       | 1      |            | 0.158                                     | 1.224     |           |
| 20:5 n-3.....g                           | 0.000  |            | 0              |       | 4      |            | 0.000                                     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020  |            | 0              |       | 1      |            | 0.021                                     | 0.163     |           |
| 22:6 n-3.....g                           | 0.030  |            | 0              |       | 1      |            | 0.032                                     | 0.245     |           |
| Fatty acids, total trans.....g           |  |            |                |       |        |            |   |           |           |
| Cholesterol.....mg                       | 71   |            | 0              |       | 1      |            | 75  | 579       |           |
| Phytosterols.....mg                      |  |            |                |       |        |            |   |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |                |       |        |            |   |           |           |
| Tryptophan.....g                         | 0.219  |            | 0              |       | 1      |            | 0.230                                     | 1.787     |           |
| Threonine.....g                          | 0.861  |            | 0              |       | 1      |            | 0.904                                     | 7.026     |           |
| Isoleucine.....g                         | 0.998  |            | 0              |       | 1      |            | 1.048                                     | 8.144     |           |
| Leucine.....g                            | 1.537  |            | 0              |       | 1      |            | 1.614                                     | 12.542    |           |
| Lysine.....g                             | 1.809  |            | 0              |       | 1      |            | 1.899                                     | 14.761    |           |
| Methionine.....g                         | 0.557  |            | 0              |       | 1      |            | 0.585                                     | 4.545     |           |
| Cystine.....g                            | 0.209  |            | 0              |       | 1      |            | 0.219                                     | 1.705     |           |
| Phenylalanine.....g                      | 0.769  |            | 0              |       | 1      |            | 0.807                                     | 6.275     |           |
| Tyrosine.....g                           | 0.757  |            | 0              |       | 1      |            | 0.795                                     | 6.177     |           |
| Valine.....g                             | 1.028  |            | 0              |       | 1      |            | 1.079                                     | 8.388     |           |
| Arginine.....g                           | 1.370  |            | 0              |       | 1      |            | 1.439                                     | 11.179    |           |
| Histidine.....g                          | 0.598  |            | 0              |       | 1      |            | 0.628                                     | 4.880     |           |
| Alanine.....g                            | 1.228  |            | 0              |       | 1      |            | 1.289                                     | 10.020    |           |
| Aspartic acid.....g                      | 1.890  |            | 0              |       | 1      |            | 1.985                                     | 15.422    |           |
| Glutamic acid.....g                      | 3.152  |            | 0              |       | 1      |            | 3.310                                     | 25.720    |           |
| Glycine.....g                            | 1.070  |            | 0              |       | 1      |            | 1.124                                     | 8.731     |           |
| Proline.....g                            | 0.861  |            | 0              |       | 1      |            | 0.904                                     | 7.026     |           |
| Serine.....g                             | 0.866  |            | 0              |       | 1      |            | 0.909                                     | 7.067     |           |
| Hydroxyproline.....g                     |  |            |                |       |        |            |   |           |           |

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

#### Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 816g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, all classes, light meat, cooked, roasted**

[illegible]

NDB No. 05186

Turkey, all classes, light meat, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.560                                 |            | 0              |            | 1           |   | 0.784     | 0.655     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.070                                 |            | 0              |            | 1           |   | 0.098     | 0.082     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.460                                 |            | 0              |            | 1           |   | 0.644     | 0.538     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.014     | 0.012     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.014     | 0.012     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.860                                 |            | 0              |            | 1           |   | 1.204     | 1.006     |           |
| 18:2 undifferentiated.....g              | 0.570                                 |            | 0              |            | 1           |   | 0.798     | 0.667     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.014     | 0.012     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0              |            | 1           |   | 0.238     | 0.199     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.035     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.042     | 0.035     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 69                                    |            | 0              |            | 1           |   | 97        | 81        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.340                                 |            | 0              |            | 1           |   | 0.476     | 0.398     |           |
| Threonine.....g                          | 1.330                                 |            | 0              |            | 1           |   | 1.862     | 1.556     |           |
| Isoleucine.....g                         | 1.555                                 |            | 0              |            | 1           |   | 2.177     | 1.819     |           |
| Leucine.....g                            | 2.383                                 |            | 0              |            | 1           |   | 3.336     | 2.788     |           |
| Lysine.....g                             | 2.818                                 |            | 0              |            | 1           |   | 3.945     | 3.297     |           |
| Methionine.....g                         | 0.866                                 |            | 0              |            | 1           |   | 1.212     | 1.013     |           |
| Cystine.....g                            | 0.311                                 |            | 0              |            | 1           |   | 0.435     | 0.364     |           |
| Phenylalanine.....g                      | 1.187                                 |            | 0              |            | 1           |   | 1.662     | 1.389     |           |
| Tyrosine.....g                           | 1.182                                 |            | 0              |            | 1           |   | 1.655     | 1.383     |           |
| Valine.....g                             | 1.588                                 |            | 0              |            | 1           |   | 2.223     | 1.858     |           |
| Arginine.....g                           | 2.086                                 |            | 0              |            | 1           |   | 2.920     | 2.441     |           |
| Histidine.....g                          | 0.933                                 |            | 0              |            | 1           |   | 1.306     | 1.092     |           |
| Alanine.....g                            | 1.851                                 |            | 0              |            | 1           |   | 2.591     | 2.166     |           |
| Aspartic acid.....g                      | 2.904                                 |            | 0              |            | 1           |   | 4.066     | 3.398     |           |
| Glutamic acid.....g                      | 4.880                                 |            | 0              |            | 1           |   | 6.832     | 5.710     |           |
| Glycine.....g                            | 1.483                                 |            | 0              |            | 1           |   | 2.076     | 1.735     |           |
| Proline.....g                            | 1.244                                 |            | 0              |            | 1           |   | 1.742     | 1.455     |           |
| Serine.....g                             | 1.330                                 |            | 0              |            | 1           |   | 1.862     | 1.556     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

**NDB No. 05186**  
**Turkey, all classes, light meat, cooked, roasted**

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05182

Turkey, all classes, light meat, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.840                                 |            | 0                     |            | 1   |                 | 3.976     | 3.862     | 29.820    |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.470                                 |            | 0                     |            | 1   |                 | 0.658     | 0.639     | 4.935     |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.290                                 |            | 0                     |            | 1   |                 | 3.206     | 3.114     | 24.045    |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.014     | 0.014     | 0.105     |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.014     | 0.014     | 0.105     |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.010                                 |            | 0                     |            | 1   |                 | 2.814     | 2.734     | 21.105    |
| 18:2 undifferentiated.....g              | 1.640                                 |            | 0                     |            | 1   |                 | 2.296     | 2.230     | 17.220    |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1   |                 | 0.140     | 0.136     | 1.050     |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 0                     |            | 1   |                 | 0.224     | 0.218     | 1.680     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.042     | 0.041     | 0.315     |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.042     | 0.041     | 0.315     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 76                                    |            | 0                     |            | 1   |                 | 106       | 103       | 798       |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.315                                 |            | 0                     |            | 1   |                 | 0.441     | 0.428     | 3.308     |
| Threonine.....g                          | 1.247                                 |            | 0                     |            | 1   |                 | 1.746     | 1.696     | 13.094    |
| Isoleucine.....g                         | 1.432                                 |            | 0                     |            | 1   |                 | 2.005     | 1.948     | 15.036    |
| Leucine.....g                            | 2.220                                 |            | 0                     |            | 1   |                 | 3.108     | 3.019     | 23.310    |
| Lysine.....g                             | 2.599                                 |            | 0                     |            | 1   |                 | 3.639     | 3.535     | 27.290    |
| Methionine.....g                         | 0.803                                 |            | 0                     |            | 1   |                 | 1.124     | 1.092     | 8.432     |
| Cystine.....g                            | 0.314                                 |            | 0                     |            | 1   |                 | 0.440     | 0.427     | 3.297     |
| Phenylalanine.....g                      | 1.117                                 |            | 0                     |            | 1   |                 | 1.564     | 1.519     | 11.729    |
| Tyrosine.....g                           | 1.084                                 |            | 0                     |            | 1   |                 | 1.518     | 1.474     | 11.382    |
| Valine.....g                             | 1.487                                 |            | 0                     |            | 1   |                 | 2.082     | 2.022     | 15.614    |
| Arginine.....g                           | 2.013                                 |            | 0                     |            | 1   |                 | 2.818     | 2.738     | 21.137    |
| Histidine.....g                          | 0.859                                 |            | 0                     |            | 1   |                 | 1.203     | 1.168     | 9.020     |
| Alanine.....g                            | 1.821                                 |            | 0                     |            | 1   |                 | 2.549     | 2.477     | 19.121    |
| Aspartic acid.....g                      | 2.754                                 |            | 0                     |            | 1   |                 | 3.856     | 3.745     | 28.917    |
| Glutamic acid.....g                      | 4.558                                 |            | 0                     |            | 1   |                 | 6.381     | 6.199     | 47.859    |
| Glycine.....g                            | 1.714                                 |            | 0                     |            | 1   |                 | 2.400     | 2.331     | 17.997    |
| Proline.....g                            | 1.328                                 |            | 0                     |            | 1   |                 | 1.859     | 1.806     | 13.944    |
| Serine.....g                             | 1.261                                 |            | 0                     |            | 1   |                 | 1.765     | 1.715     | 13.241    |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     | 0.000     |

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

#### Common Measures:

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

Measure 2 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1050g: .5 turkey, bone removed

**NDB No. 05182**  
**Turkey, all classes, light meat, meat and skin, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05181

Turkey, all classes, light meat, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 2.810                                 |            | 0                     |            | 1           |                 | 5.058   | 39.003    |           |
| 14:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.480                                 |            | 0                     |            | 1           |                 | 0.864   | 6.662     |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 2.270                                 |            | 0                     |            | 1           |                 | 4.086   | 31.508    |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |                 | 0.018   | 0.139     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |                 | 0.018   | 0.139     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.730                                 |            | 0                     |            | 1           |                 | 3.114   | 24.012    |           |
| 18:2 undifferentiated.....g              | 1.480                                 |            | 0                     |            | 1           |                 | 2.664   | 20.542    |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1           |                 | 0.180   | 1.388     |           |
| 18:4.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1           |                 | 0.162   | 1.249     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |                 | 0.018   | 0.139     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |                 | 0.018   | 0.139     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 65                                    |            | 0                     |            | 1           |                 | 117   | 902       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.239                                 |            | 0                     |            | 1           |                 | 0.430   | 3.317     |           |
| Threonine.....g                          | 0.944                                 |            | 0                     |            | 1           |                 | 1.699   | 13.103    |           |
| Isoleucine.....g                         | 1.083                                 |            | 0                     |            | 1           |                 | 1.949   | 15.032    |           |
| Leucine.....g                            | 1.680                                 |            | 0                     |            | 1           |                 | 3.024   | 23.318    |           |
| Lysine.....g                             | 1.966                                 |            | 0                     |            | 1           |                 | 3.539   | 27.288    |           |
| Methionine.....g                         | 0.608                                 |            | 0                     |            | 1           |                 | 1.094   | 8.439     |           |
| Cystine.....g                            | 0.238                                 |            | 0                     |            | 1           |                 | 0.428   | 3.303     |           |
| Phenylalanine.....g                      | 0.846                                 |            | 0                     |            | 1           |                 | 1.523   | 11.742    |           |
| Tyrosine.....g                           | 0.820                                 |            | 0                     |            | 1           |                 | 1.476   | 11.382    |           |
| Valine.....g                             | 1.126                                 |            | 0                     |            | 1           |                 | 2.027   | 15.629    |           |
| Arginine.....g                           | 1.525                                 |            | 0                     |            | 1           |                 | 2.745   | 21.167    |           |
| Histidine.....g                          | 0.650                                 |            | 0                     |            | 1           |                 | 1.170   | 9.022     |           |
| Alanine.....g                            | 1.380                                 |            | 0                     |            | 1           |                 | 2.484   | 19.154    |           |
| Aspartic acid.....g                      | 2.085                                 |            | 0                     |            | 1           |                 | 3.753   | 28.940    |           |
| Glutamic acid.....g                      | 3.449                                 |            | 0                     |            | 1           |                 | 6.208   | 47.872    |           |
| Glycine.....g                            | 1.306                                 |            | 0                     |            | 1           |                 | 2.351   | 18.127    |           |
| Proline.....g                            | 1.009                                 |            | 0                     |            | 1           |                 | 1.816   | 14.005    |           |
| Serine.....g                             | 0.954                                 |            | 0                     |            | 1           |                 | 1.717   | 13.242    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | z          | 7           |                 | 0.0   | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                       |            |             |                 |   |           |           |
| Theobromine.....mg                       |                                       |            |                       |            |             |                 |   |           |           |

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

#### Common Measures:

Measure 1 = 180g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1388g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05185**  
**Turkey, all classes, light meat, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.270                                 |            | 0                     |            | 1           |   | 0.405     | 3.121     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1           |   | 0.060     | 0.462     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.230                                 |            | 0                     |            | 1           |   | 0.345     | 2.659     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.116     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.116     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.420                                 |            | 0                     |            | 1           |   | 0.630     | 4.855     |           |
| 18:2 undifferentiated.....g              | 0.270                                 |            | 0                     |            | 1           |   | 0.405     | 3.121     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.116     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 1           |   | 0.120     | 0.925     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.116     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.030     | 0.231     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 60                                    |            | 0                     |            | 1           |   | 90        | 694       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.268                                 |            | 0                     |            | 1           |   | 0.402     | 3.098     |           |
| Threonine.....g                          | 1.048                                 |            | 0                     |            | 1           |   | 1.572     | 12.115    |           |
| Isoleucine.....g                         | 1.225                                 |            | 0                     |            | 1           |   | 1.838     | 14.161    |           |
| Leucine.....g                            | 1.877                                 |            | 0                     |            | 1           |   | 2.816     | 21.698    |           |
| Lysine.....g                             | 2.220                                 |            | 0                     |            | 1           |   | 3.330     | 25.663    |           |
| Methionine.....g                         | 0.682                                 |            | 0                     |            | 1           |   | 1.023     | 7.884     |           |
| Cystine.....g                            | 0.245                                 |            | 0                     |            | 1           |   | 0.368     | 2.832     |           |
| Phenylalanine.....g                      | 0.935                                 |            | 0                     |            | 1           |   | 1.403     | 10.809    |           |
| Tyrosine.....g                           | 0.931                                 |            | 0                     |            | 1           |   | 1.397     | 10.762    |           |
| Valine.....g                             | 1.251                                 |            | 0                     |            | 1           |   | 1.877     | 14.462    |           |
| Arginine.....g                           | 1.643                                 |            | 0                     |            | 1           |   | 2.465     | 18.993    |           |
| Histidine.....g                          | 0.735                                 |            | 0                     |            | 1           |   | 1.103     | 8.497     |           |
| Alanine.....g                            | 1.458                                 |            | 0                     |            | 1           |   | 2.187     | 16.854    |           |
| Aspartic acid.....g                      | 2.288                                 |            | 0                     |            | 1           |   | 3.432     | 26.449    |           |
| Glutamic acid.....g                      | 3.844                                 |            | 0                     |            | 1           |   | 5.766     | 44.437    |           |
| Glycine.....g                            | 1.169                                 |            | 0                     |            | 1           |   | 1.754     | 13.514    |           |
| Proline.....g                            | 0.980                                 |            | 0                     |            | 1           |   | 1.470     | 11.329    |           |
| Serine.....g                             | 1.048                                 |            | 0                     |            | 1           |   | 1.572     | 12.115    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 150g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1156g: .5 turkey, bone and skin removed

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05164

Turkey, all classes, meat and skin and giblets and neck, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        |            | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |            |                                    |           |           |
|  |                                       |            | Points  |       |        |            |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 3.050                                 |            | 0       |       | 1      |            | 7.930                              | 122.702   |           |
| 14:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 15:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.500                                 |            | 0       |       | 1      |            | 1.300                              | 20.115    |           |
| 17:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 18:1 undifferentiated.....g              | 2.470                                 |            | 0       |       | 1      |            | 6.422                              | 99.368    |           |
| 20:1.....g                               | 0.020                                 |            | 0       |       | 1      |            | 0.052                              | 0.805     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |            | 0.026                              | 0.402     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |            |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 2.420                                 |            | 0       |       | 1      |            | 6.292                              | 97.357    |           |
| 18:2 undifferentiated.....g              | 2.000                                 |            | 0       |       | 1      |            | 5.200                              | 80.460    |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0       |       | 1      |            | 0.286                              | 4.425     |           |
| 18:4.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |            |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |            |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 0       |       | 1      |            | 0.520                              | 8.046     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |            | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |            | 0.078                              | 1.207     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0       |       | 1      |            | 0.104                              | 1.609     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |            |                                    |           |           |
| Cholesterol.....mg                       | 95                                    |            | 0       |       | 1      |            | 247                                | 3822      |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |            |                                    |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |            |                                    |           |           |
| Tryptophan.....g                         | 0.310                                 |            | 0       |       | 1      |            | 0.806                              | 12.471    |           |
| Threonine.....g                          | 1.225                                 |            | 0       |       | 1      |            | 3.185                              | 49.282    |           |
| Isoleucine.....g                         | 1.406                                 |            | 0       |       | 1      |            | 3.656                              | 56.563    |           |
| Leucine.....g                            | 2.180                                 |            | 0       |       | 1      |            | 5.668                              | 87.701    |           |
| Lysine.....g                             | 2.532                                 |            | 0       |       | 1      |            | 6.583                              | 101.862   |           |
| Methionine.....g                         | 0.784                                 |            | 0       |       | 1      |            | 2.038                              | 31.540    |           |
| Cystine.....g                            | 0.309                                 |            | 0       |       | 1      |            | 0.803                              | 12.431    |           |
| Phenylalanine.....g                      | 1.102                                 |            | 0       |       | 1      |            | 2.865                              | 44.333    |           |
| Tyrosine.....g                           | 1.058                                 |            | 0       |       | 1      |            | 2.751                              | 42.563    |           |
| Valine.....g                             | 1.461                                 |            | 0       |       | 1      |            | 3.799                              | 58.776    |           |
| Arginine.....g                           | 1.967                                 |            | 0       |       | 1      |            | 5.114                              | 79.132    |           |
| Histidine.....g                          | 0.836                                 |            | 0       |       | 1      |            | 2.174                              | 33.632    |           |
| Alanine.....g                            | 1.767                                 |            | 0       |       | 1      |            | 4.594                              | 71.086    |           |
| Aspartic acid.....g                      | 2.696                                 |            | 0       |       | 1      |            | 7.010                              | 108.460   |           |
| Glutamic acid.....g                      | 4.460                                 |            | 0       |       | 1      |            | 11.596                             | 179.426   |           |
| Glycine.....g                            | 1.660                                 |            | 0       |       | 1      |            | 4.316                              | 66.782    |           |
| Proline.....g                            | 1.299                                 |            | 0       |       | 1      |            | 3.377                              | 52.259    |           |
| Serine.....g                             | 1.235                                 |            | 0       |       | 1      |            | 3.211                              | 49.684    |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |            |                                    |           |           |

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

#### Common Measures:

Measure 1 = 260g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 4023g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, all classes, meat and skin and giblets and neck, raw**  
*Meleagris gallopavo*

| 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 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 70.61                                 |            | 0                     |            | 1   |                 | 3921.68   |           |           |
| Energy.....kcal                       | 157                                   |            | 0                     | NC         | 4   |                 | 8720      |           |           |
| Energy.....kj                         | 657                                   |            |                       |            | 4   |                 | 36484     |           |           |
| Protein (N x 6.25).....g              | 20.37                                 |            | 0                     |            | 1   |                 | 1131.35   |           |           |
| Total lipid (fat).....g               | 7.77                                  |            | 0                     |            | 1   |                 | 431.55    |           |           |
| Ash.....g                             | 0.90                                  |            | 0                     |            | 1   |                 | 49.99     |           |           |
| Carbohydrate, by difference.....g     | 0.08                                  |            | 0                     | NC         | 4   |                 | 4.44      |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                   |                                       |            |                       |            |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 15                                    |            | 0                     |            | 1   |                 | 833       |           |           |
| Iron, Fe.....mg                       | 1.69                                  |            | 0                     |            | 1   |                 | 93.86     |           |           |
| Magnesium, Mg.....mg                  | 22                                    |            | 0                     |            | 1   |                 | 1222      |           |           |
| Phosphorus, P.....mg                  | 180                                   |            | 0                     |            | 1   |                 | 9997      |           |           |
| Potassium, K.....mg                   | 269                                   |            | 0                     |            | 1   |                 | 14940     |           |           |
| Sodium, Na.....mg                     | 67                                    |            | 0                     |            | 1   |                 | 3721      |           |           |
| Zinc, Zn.....mg                       | 2.31                                  |            | 0                     |            | 1   |                 | 128.30    |           |           |
| Copper, Cu.....mg                     | 0.114                                 |            | 0                     |            | 1   |                 | 6.332     |           |           |
| Manganese, Mn.....mg                  | 0.026                                 |            | 0                     |            | 1   |                 | 1.444     |           |           |
| Selenium, Se.....mcg                  | 23.3                                  |            | 0                     | PIE        | 4   |                 | 1294.1    |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.2                                   |            | 0                     |            | 1   |                 | 11.1      |           |           |
| Thiamin.....mg                        | 0.065                                 |            | 0                     |            | 1   |                 | 3.610     |           |           |
| Riboflavin.....mg                     | 0.203                                 |            | 0                     |            | 1   |                 | 11.275    |           |           |
| Niacin.....mg                         | 4.148                                 |            | 0                     |            | 1   |                 | 230.380   |           |           |
| Pantothenic acid.....mg               | 0.953                                 |            | 0                     |            | 1   |                 | 52.930    |           |           |
| Vitamin B-6.....mg                    | 0.410                                 |            | 0                     |            | 1   |                 | 22.771    |           |           |
| Folate, total.....mcg                 | 23                                    |            | 0                     |            | 1   |                 | 1277      |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Folate, food.....mcg                  | 23                                    |            | 0                     |            | 1   |                 | 1277      |           |           |
| Folate, DFE.....mcg_DFE               | 23                                    |            | 0                     | NC         | 4   |                 | 1277      |           |           |
| Vitamin B-12.....mcg                  | 1.62                                  |            | 0                     |            | 1   |                 | 89.97     |           |           |
| Vitamin A, IU.....IU                  | 341                                   |            | 0                     |            | 1   |                 | 18939     |           |           |
| Vitamin A, RAE.....mcg_RAE            | 102                                   |            | 0                     |            | 1   |                 | 5687      |           |           |
| Retinol.....mcg                       | 102                                   |            | 0                     |            | 1   |                 | 5687      |           |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 2.200                                 |            | 0                     |            | 1   |                 | 122.188   |           |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     |           |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     |           |           |
| 8:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     |           |           |
| 12:0.....g                            | 0.010                                 |            | 0                     |            | 1   |                 | 0.555     |           |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.060                                 |            | 0                     |            | 1   |                 | 3.332     |           |           |
| 15:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 16:0.....g                            | 1.410                                 |            | 0                     |            | 1   |                 |           |           |           |

NDB No. 05163

Turkey, all classes, meat and skin and giblets and neck, raw

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |         |       |        |            | <u>Amount in edible portion of common</u><br><u>measures of food</u> |           |           |
|--|--|------------|---------|-------|--------|------------|--|-----------|-----------|
|  | Mean   | Std. Error | Number  | Deriv | Source | Confidence | Measure 1  | Measure 2 | Measure 3 |
|  |  |            | of Data | Code  | Code   | Code       |  |           |           |
| Fatty acids, total monounsaturated.....g | 2.760  |            | 0       |       | 1      |            | 153.290  |           |           |
| 14:1.....g                               |  |            |         |       |        |            |  |           |           |
| 15:1.....g                               |  |            |         |       |        |            |  |           |           |
| 16:1 undifferentiated.....g              | 0.460  |            | 0       |       | 1      |            | 25.548   |           |           |
| 17:1.....g                               |  |            |         |       |        |            |  |           |           |
| 18:1 undifferentiated.....g              | 2.230  |            | 0       |       | 1      |            | 123.854  |           |           |
| 20:1.....g                               | 0.010  |            | 0       |       | 1      |            | 0.555  |           |           |
| 22:1 undifferentiated.....g              | 0.010  |            | 0       |       | 1      |            | 0.555  |           |           |
| 24:1 c.....g                             |  |            |         |       |        |            |  |           |           |
| Fatty acids, total polyunsaturated.....g | 1.930  |            | 0       |       | 1      |            | 107.192  |           |           |
| 18:2 undifferentiated.....g              | 1.640  |            | 0       |       | 1      |            | 91.086   |           |           |
| 18:3 undifferentiated.....g              | 0.100  |            | 0       |       | 1      |            | 5.554  |           |           |
| 18:4.....g                               | 0.000  |            | 0       | z     | 7      |            | 0.000  |           |           |
| 20:2 n-6 c,c.....g                       |  |            |         |       |        |            |  |           |           |
| 20:3 undifferentiated.....g              |  |            |         |       |        |            |  |           |           |
| 20:4 undifferentiated.....g              | 0.120  |            | 0       |       | 1      |            | 6.665  |           |           |
| 20:5 n-3.....g                           | 0.000  |            | 0       |       | 4      |            | 0.000  |           |           |
| 22:5 n-3.....g                           | 0.020  |            | 0       |       | 1      |            | 1.111  |           |           |
| 22:6 n-3.....g                           | 0.020  |            | 0       |       | 1      |            | 1.111  |           |           |
| Fatty acids, total trans.....g           |  |            |         |       |        |            |  |           |           |
| Cholesterol.....mg                       | 78   |            | 0       |       | 1      |            | 4332   |           |           |
| Phytosterols.....mg                      |  |            |         |       |        |            |  |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |         |       |        |            |  |           |           |
| Tryptophan.....g                         | 0.226  |            | 0       |       | 1      |            | 12.552   |           |           |
| Threonine.....g                          | 0.891  |            | 0       |       | 1      |            | 49.486   |           |           |
| Isoleucine.....g                         | 1.022  |            | 0       |       | 1      |            | 56.762   |           |           |
| Leucine.....g                            | 1.586  |            | 0       |       | 1      |            | 88.086   |           |           |
| Lysine.....g                             | 1.840  |            | 0       |       | 1      |            | 102.194  |           |           |
| Methionine.....g                         | 0.570  |            | 0       |       | 1      |            | 31.658   |           |           |
| Cystine.....g                            | 0.225  |            | 0       |       | 1      |            | 12.497   |           |           |
| Phenylalanine.....g                      | 0.803  |            | 0       |       | 1      |            | 44.599   |           |           |
| Tyrosine.....g                           | 0.770  |            | 0       |       | 1      |            | 42.766   |           |           |
| Valine.....g                             | 1.063  |            | 0       |       | 1      |            | 59.039   |           |           |
| Arginine.....g                           | 1.431  |            | 0       |       | 1      |            | 79.478   |           |           |
| Histidine.....g                          | 0.608  |            | 0       |       | 1      |            | 33.768   |           |           |
| Alanine.....g                            | 1.285  |            | 0       |       | 1      |            | 71.369   |           |           |
| Aspartic acid.....g                      | 1.961  |            | 0       |       | 1      |            | 108.914  |           |           |
| Glutamic acid.....g                      | 3.243  |            | 0       |       | 1      |            | 180.116  |           |           |
| Glycine.....g                            | 1.212  |            | 0       |       | 1      |            | 67.314   |           |           |
| Proline.....g                            | 0.948  |            | 0       |       | 1      |            | 52.652   |           |           |
| Serine.....g                             | 0.898  |            | 0       |       | 1      |            | 49.875   |           |           |
| Hydroxyproline.....g                     |  |            |         |       |        |            |  |           |           |
| <b><u>Others:</u></b>                    |  |            |         |       |        |            |  |           |           |
| Alcohol, ethyl.....g                     | 0.0  |            | 0       | z     | 7      |            | 0.0  |           |           |
| Caffeine.....mg                          |  |            |         |       |        |            |  |           |           |
| Theobromine.....mg                       |  |            |         |       |        |            |  |           |           |

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

#### Common Measures:

Measure 1 = 5554g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05166

Turkey, all classes, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                | Amount in edible portion of common |                  |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|------------------------------------|------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code                 | measures of food |           |           |
|  |                                       |            |                             |               |                |                                    | Measure 1        | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 3.190                                 |            | 0                           |               | 1              |                                    | 4.466            | 7.656     | 59.238    |
| 14:1.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 16:1 undifferentiated.....g              | 0.520                                 |            | 0                           |               | 1              |                                    | 0.728            | 1.248     | 9.656     |
| 17:1.....g                               |                                       |            |                             |               |                |                                    |                  |           |           |
| 18:1 undifferentiated.....g              | 2.590                                 |            | 0                           |               | 1              |                                    | 3.626            | 6.216     | 48.096    |
| 20:1.....g                               | 0.020                                 |            | 0                           |               | 1              |                                    | 0.028            | 0.048     | 0.371     |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                                    | 0.014            | 0.024     | 0.186     |
| 24:1 c.....g                             |                                       |            |                             |               |                |                                    |                  |           |           |
| Fatty acids, total polyunsaturated.....g | 2.480                                 |            | 0                           |               | 1              |                                    | 3.472            | 5.952     | 46.054    |
| 18:2 undifferentiated.....g              | 2.060                                 |            | 0                           |               | 1              |                                    | 2.884            | 4.944     | 38.254    |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0                           |               | 1              |                                    | 0.154            | 0.264     | 2.043     |
| 18:4.....g                               | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                                    |                  |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                                    |                  |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 0                           |               | 1              |                                    | 0.280            | 0.480     | 3.714     |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 1              |                                    | 0.000            | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                           |               | 1              |                                    | 0.042            | 0.072     | 0.557     |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                           |               | 1              |                                    | 0.056            | 0.096     | 0.743     |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                                    |                  |           |           |
| Cholesterol.....mg                       | 82                                    |            | 0                           |               | 1              |                                    | 115              | 197       | 1523      |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                                    |                  |           |           |
| Amino Acids:                             |                                       |            |                             |               |                |                                    |                  |           |           |
| Tryptophan.....g                         | 0.311                                 |            | 0                           |               | 1              |                                    | 0.435            | 0.746     | 5.775     |
| Threonine.....g                          | 1.227                                 |            | 0                           |               | 1              |                                    | 1.718            | 2.945     | 22.785    |
| Isoleucine.....g                         | 1.409                                 |            | 0                           |               | 1              |                                    | 1.973            | 3.382     | 26.165    |
| Leucine.....g                            | 2.184                                 |            | 0                           |               | 1              |                                    | 3.058            | 5.242     | 40.557    |
| Lysine.....g                             | 2.557                                 |            | 0                           |               | 1              |                                    | 3.580            | 6.137     | 47.483    |
| Methionine.....g                         | 0.790                                 |            | 0                           |               | 1              |                                    | 1.106            | 1.896     | 14.670    |
| Cystine.....g                            | 0.308                                 |            | 0                           |               | 1              |                                    | 0.431            | 0.739     | 5.720     |
| Phenylalanine.....g                      | 1.100                                 |            | 0                           |               | 1              |                                    | 1.540            | 2.640     | 20.427    |
| Tyrosine.....g                           | 1.066                                 |            | 0                           |               | 1              |                                    | 1.492            | 2.558     | 19.796    |
| Valine.....g                             | 1.464                                 |            | 0                           |               | 1              |                                    | 2.050            | 3.514     | 27.186    |
| Arginine.....g                           | 1.979                                 |            | 0                           |               | 1              |                                    | 2.771            | 4.750     | 36.750    |
| Histidine.....g                          | 0.845                                 |            | 0                           |               | 1              |                                    | 1.183            | 2.028     | 15.692    |
| Alanine.....g                            | 1.790                                 |            | 0                           |               | 1              |                                    | 2.506            | 4.296     | 33.240    |
| Aspartic acid.....g                      | 2.709                                 |            | 0                           |               | 1              |                                    | 3.793            | 6.502     | 50.306    |
| Glutamic acid.....g                      | 4.484                                 |            | 0                           |               | 1              |                                    | 6.278            | 10.762    | 83.268    |
| Glycine.....g                            | 1.682                                 |            | 0                           |               | 1              |                                    | 2.355            | 4.037     | 31.235    |
| Proline.....g                            | 1.304                                 |            | 0                           |               | 1              |                                    | 1.826            | 3.130     | 24.215    |
| Serine.....g                             | 1.240                                 |            | 0                           |               | 1              |                                    | 1.736            | 2.976     | 23.027    |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                                    |                  |           |           |
| Others:                                  |                                       |            |                             |               |                |                                    |                  |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                           |               | 7              |                                    | 0.0              | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0                           | Z             | 7              |                                    | 0                | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0                           | Z             | 7              |                                    | 0                | 0         | 0         |
| Carotenoids:                             |                                       |            |                             |               |                |                                    |                  |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                           | Z             | 7              |                                    | 0.000            | 0.000     | 0.000     |

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

**Common Measures:**

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

Measure 2 = 240g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1857g: .5 turkey, bone removed

**NDB No. 05166**  
**Turkey, all classes, meat and skin, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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**NDB No. 05165**
**Turkey, all classes, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.900                                 |            | 0              |            | 1           |   | 9.628     | 74.385    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.490                                 |            | 0              |            | 1           |   | 1.627     | 12.569    |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.340                                 |            | 0              |            | 1           |   | 7.769     | 60.021    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.033     | 0.257     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.033     | 0.257     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.980                                 |            | 0              |            | 1           |   | 6.574     | 50.787    |           |
| 18:2 undifferentiated.....g              | 1.700                                 |            | 0              |            | 1           |   | 5.644     | 43.605    |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0              |            | 1           |   | 0.365     | 2.822     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0              |            | 1           |   | 0.365     | 2.822     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.066     | 0.513     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.066     | 0.513     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 68                                    |            | 0              |            | 1           |   | 226       | 1744      |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.226                                 |            | 0              |            | 1           |   | 0.750     | 5.797     |           |
| Threonine.....g                          | 0.891                                 |            | 0              |            | 1           |   | 2.958     | 22.854    |           |
| Isoleucine.....g                         | 1.024                                 |            | 0              |            | 1           |   | 3.400     | 26.266    |           |
| Leucine.....g                            | 1.587                                 |            | 0              |            | 1           |   | 5.269     | 40.707    |           |
| Lysine.....g                             | 1.857                                 |            | 0              |            | 1           |   | 6.165     | 47.632    |           |
| Methionine.....g                         | 0.574                                 |            | 0              |            | 1           |   | 1.906     | 14.723    |           |
| Cystine.....g                            | 0.224                                 |            | 0              |            | 1           |   | 0.744     | 5.746     |           |
| Phenylalanine.....g                      | 0.799                                 |            | 0              |            | 1           |   | 2.653     | 20.494    |           |
| Tyrosine.....g                           | 0.775                                 |            | 0              |            | 1           |   | 2.573     | 19.879    |           |
| Valine.....g                             | 1.063                                 |            | 0              |            | 1           |   | 3.529     | 27.266    |           |
| Arginine.....g                           | 1.439                                 |            | 0              |            | 1           |   | 4.777     | 36.910    |           |
| Histidine.....g                          | 0.614                                 |            | 0              |            | 1           |   | 2.038     | 15.749    |           |
| Alanine.....g                            | 1.302                                 |            | 0              |            | 1           |   | 4.323     | 33.396    |           |
| Aspartic acid.....g                      | 1.969                                 |            | 0              |            | 1           |   | 6.537     | 50.505    |           |
| Glutamic acid.....g                      | 3.258                                 |            | 0              |            | 1           |   | 10.817    | 83.568    |           |
| Glycine.....g                            | 1.227                                 |            | 0              |            | 1           |   | 4.074     | 31.473    |           |
| Proline.....g                            | 0.950                                 |            | 0              |            | 1           |   | 3.154     | 24.368    |           |
| Serine.....g                             | 0.901                                 |            | 0              |            | 1           |   | 2.991     | 23.111    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 332g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2565g: .5 turkey, bone removed

**NDB No. 05165**  
**Turkey, all classes, meat and skin, raw**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05168

Turkey, all classes, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.030                                 |            | 0                     |            | 1   |                 | 1.442     | 2.142     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.150                                 |            | 0                     |            | 1   |                 | 0.210     | 0.312     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.850                                 |            | 0                     |            | 1   |                 | 1.190     | 1.768     |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.042     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.042     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.430                                 |            | 0                     |            | 1   |                 | 2.002     | 2.974     |           |
| 18:2 undifferentiated.....g              | 1.080                                 |            | 0                     |            | 1   |                 | 1.512     | 2.246     |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1   |                 | 0.056     | 0.083     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.210                                 |            | 0                     |            | 1   |                 | 0.294     | 0.437     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.042     | 0.062     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 | 0.056     | 0.083     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 76                                    |            | 0                     |            | 1   |                 | 106       | 158       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.333                                 |            | 0                     |            | 1   |                 | 0.466     | 0.693     |           |
| Threonine.....g                          | 1.304                                 |            | 0                     |            | 1   |                 | 1.826     | 2.712     |           |
| Isoleucine.....g                         | 1.525                                 |            | 0                     |            | 1   |                 | 2.135     | 3.172     |           |
| Leucine.....g                            | 2.336                                 |            | 0                     |            | 1   |                 | 3.270     | 4.859     |           |
| Lysine.....g                             | 2.763                                 |            | 0                     |            | 1   |                 | 3.868     | 5.747     |           |
| Methionine.....g                         | 0.849                                 |            | 0                     |            | 1   |                 | 1.189     | 1.766     |           |
| Cystine.....g                            | 0.305                                 |            | 0                     |            | 1   |                 | 0.427     | 0.634     |           |
| Phenylalanine.....g                      | 1.164                                 |            | 0                     |            | 1   |                 | 1.630     | 2.421     |           |
| Tyrosine.....g                           | 1.159                                 |            | 0                     |            | 1   |                 | 1.623     | 2.411     |           |
| Valine.....g                             | 1.557                                 |            | 0                     |            | 1   |                 | 2.180     | 3.239     |           |
| Arginine.....g                           | 2.045                                 |            | 0                     |            | 1   |                 | 2.863     | 4.254     |           |
| Histidine.....g                          | 0.915                                 |            | 0                     |            | 1   |                 | 1.281     | 1.903     |           |
| Alanine.....g                            | 1.815                                 |            | 0                     |            | 1   |                 | 2.541     | 3.775     |           |
| Aspartic acid.....g                      | 2.847                                 |            | 0                     |            | 1   |                 | 3.986     | 5.922     |           |
| Glutamic acid.....g                      | 4.785                                 |            | 0                     |            | 1   |                 | 6.699     | 9.953     |           |
| Glycine.....g                            | 1.454                                 |            | 0                     |            | 1   |                 | 2.036     | 3.024     |           |
| Proline.....g                            | 1.220                                 |            | 0                     |            | 1   |                 | 1.708     | 2.538     |           |
| Serine.....g                             | 1.304                                 |            | 0                     |            | 1   |                 | 1.826     | 2.712     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 208g: 1 unit (yield from 1 lb ready-to-cook turkey)

**NDB No. 05168**  
**Turkey, all classes, meat only, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05167

Turkey, all classes, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.610                                 |            | 0              |            | 1           |   | 1.714     | 13.261    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.090                                 |            | 0              |            | 1           |   | 0.253     | 1.957     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.500                                 |            | 0              |            | 1           |   | 1.405     | 10.870    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.028     | 0.217     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.028     | 0.217     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.830                                 |            | 0              |            | 1           |   | 2.332     | 18.044    |           |
| 18:2 undifferentiated.....g              | 0.640                                 |            | 0              |            | 1           |   | 1.798     | 13.914    |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0              |            | 1           |   | 0.056     | 0.435     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0              |            | 1           |   | 0.337     | 2.609     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.056     | 0.435     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.056     | 0.435     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 65                                    |            | 0              |            | 1           |   | 183       | 1413      |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.247                                 |            | 0              |            | 1           |   | 0.694     | 5.370     |           |
| Threonine.....g                          | 0.968                                 |            | 0              |            | 1           |   | 2.720     | 21.044    |           |
| Isoleucine.....g                         | 1.132                                 |            | 0              |            | 1           |   | 3.181     | 24.610    |           |
| Leucine.....g                            | 1.735                                 |            | 0              |            | 1           |   | 4.875     | 37.719    |           |
| Lysine.....g                             | 2.051                                 |            | 0              |            | 1           |   | 5.763     | 44.589    |           |
| Methionine.....g                         | 0.630                                 |            | 0              |            | 1           |   | 1.770     | 13.696    |           |
| Cystine.....g                            | 0.226                                 |            | 0              |            | 1           |   | 0.635     | 4.913     |           |
| Phenylalanine.....g                      | 0.864                                 |            | 0              |            | 1           |   | 2.428     | 18.783    |           |
| Tyrosine.....g                           | 0.860                                 |            | 0              |            | 1           |   | 2.417     | 18.696    |           |
| Valine.....g                             | 1.156                                 |            | 0              |            | 1           |   | 3.248     | 25.131    |           |
| Arginine.....g                           | 1.518                                 |            | 0              |            | 1           |   | 4.266     | 33.001    |           |
| Histidine.....g                          | 0.679                                 |            | 0              |            | 1           |   | 1.908     | 14.761    |           |
| Alanine.....g                            | 1.348                                 |            | 0              |            | 1           |   | 3.788     | 29.306    |           |
| Aspartic acid.....g                      | 2.114                                 |            | 0              |            | 1           |   | 5.940     | 45.958    |           |
| Glutamic acid.....g                      | 3.552                                 |            | 0              |            | 1           |   | 9.981     | 77.220    |           |
| Glycine.....g                            | 1.079                                 |            | 0              |            | 1           |   | 3.032     | 23.457    |           |
| Proline.....g                            | 0.905                                 |            | 0              |            | 1           |   | 2.543     | 19.675    |           |
| Serine.....g                             | 0.968                                 |            | 0              |            | 1           |   | 2.720     | 21.044    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 281g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2174g: .5 turkey, bone and skin removed

**NDB No. 05167**  
**Turkey, all classes, meat only, raw**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05180

Turkey, all classes, neck, meat only, cooked, simmered

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.650                                 |            | 0                     |            | 1           |   | 0.165     | 2.508     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.240                                 |            | 0                     |            | 1           |   | 0.024     | 0.365     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.360                                 |            | 0                     |            | 1           |   | 0.136     | 2.067     |           |
| 20:1.....g                               | 0.030                                 |            | 0                     |            | 1           |   | 0.003     | 0.046     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.002     | 0.030     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.180                                 |            | 0                     |            | 1           |   | 0.218     | 3.314     |           |
| 18:2 undifferentiated.....g              | 1.760                                 |            | 0                     |            | 1           |   | 0.176     | 2.675     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0                     |            | 1           |   | 0.007     | 0.106     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.260                                 |            | 0                     |            | 1           |   | 0.026     | 0.395     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                     |            | 1           |   | 0.004     | 0.061     |           |
| 22:6 n-3.....g                           | 0.060                                 |            | 0                     |            | 1           |   | 0.006     | 0.091     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 122                                   | 6.652      | 9                     |            | 1           |   | 12        | 185       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.305                                 |            | 0                     |            | 1           |   | 0.031     | 0.464     |           |
| Threonine.....g                          | 1.194                                 |            | 0                     |            | 1           |   | 0.119     | 1.815     |           |
| Isoleucine.....g                         | 1.396                                 |            | 0                     |            | 1           |   | 0.140     | 2.122     |           |
| Leucine.....g                            | 2.138                                 |            | 0                     |            | 1           |   | 0.214     | 3.250     |           |
| Lysine.....g                             | 2.529                                 |            | 0                     |            | 1           |   | 0.253     | 3.844     |           |
| Methionine.....g                         | 0.777                                 |            | 0                     |            | 1           |   | 0.078     | 1.181     |           |
| Cystine.....g                            | 0.279                                 |            | 0                     |            | 1           |   | 0.028     | 0.424     |           |
| Phenylalanine.....g                      | 1.065                                 |            | 0                     |            | 1           |   | 0.107     | 1.619     |           |
| Tyrosine.....g                           | 1.061                                 |            | 0                     |            | 1           |   | 0.106     | 1.613     |           |
| Valine.....g                             | 1.426                                 |            | 0                     |            | 1           |   | 0.143     | 2.168     |           |
| Arginine.....g                           | 1.872                                 |            | 0                     |            | 1           |   | 0.187     | 2.845     |           |
| Histidine.....g                          | 0.837                                 |            | 0                     |            | 1           |   | 0.084     | 1.272     |           |
| Alanine.....g                            | 1.662                                 |            | 0                     |            | 1           |   | 0.166     | 2.526     |           |
| Aspartic acid.....g                      | 2.606                                 |            | 0                     |            | 1           |   | 0.261     | 3.961     |           |
| Glutamic acid.....g                      | 4.379                                 |            | 0                     |            | 1           |   | 0.438     | 6.656     |           |
| Glycine.....g                            | 1.331                                 |            | 0                     |            | 1           |   | 0.133     | 2.023     |           |
| Proline.....g                            | 1.117                                 |            | 0                     |            | 1           |   | 0.112     | 1.698     |           |
| Serine.....g                             | 1.194                                 |            | 0                     |            | 1           |   | 0.119     | 1.815     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

Measure 1 = 10.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 152g: 1 neck, bone and skin removed

**NDB No. 05180**  
**Turkey, all classes, neck, meat only, cooked, simmered**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05179

Turkey, all classes, neck, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.230                                 |            | 0                     |            | 1           |   | 0.148     | 2.214     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.180                                 | 0.042      | 8                     |            | 1           |   | 0.022     | 0.324     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.020                                 | 0.106      | 8                     |            | 1           |   | 0.122     | 1.836     |           |
| 20:1.....g                               | 0.020                                 | 0.003      | 7                     |            | 1           |   | 0.002     | 0.036     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.003      | 7                     |            | 1           |   | 0.001     | 0.018     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.630                                 |            | 0                     |            | 1           |   | 0.196     | 2.934     |           |
| 18:2 undifferentiated.....g              | 1.320                                 | 0.133      | 8                     |            | 1           |   | 0.158     | 2.376     |           |
| 18:3 undifferentiated.....g              | 0.050                                 | 0.015      | 8                     |            | 1           |   | 0.006     | 0.090     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.190                                 | 0.033      | 8                     |            | 1           |   | 0.023     | 0.342     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 | 0.007      | 7                     |            | 1           |   | 0.004     | 0.054     |           |
| 22:6 n-3.....g                           | 0.040                                 | 0.023      | 7                     |            | 1           |   | 0.005     | 0.072     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 79                                    | 4.063      | 9                     |            | 1           |   | 9         | 142       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.229                                 |            | 0                     |            | 1           |   | 0.027     | 0.412     |           |
| Threonine.....g                          | 0.896                                 |            | 0                     |            | 1           |   | 0.108     | 1.613     |           |
| Isoleucine.....g                         | 1.047                                 |            | 0                     |            | 1           |   | 0.126     | 1.885     |           |
| Leucine.....g                            | 1.605                                 |            | 0                     |            | 1           |   | 0.193     | 2.889     |           |
| Lysine.....g                             | 1.898                                 |            | 0                     |            | 1           |   | 0.228     | 3.416     |           |
| Methionine.....g                         | 0.583                                 |            | 0                     |            | 1           |   | 0.070     | 1.049     |           |
| Cystine.....g                            | 0.210                                 |            | 0                     |            | 1           |   | 0.025     | 0.378     |           |
| Phenylalanine.....g                      | 0.799                                 |            | 0                     |            | 1           |   | 0.096     | 1.438     |           |
| Tyrosine.....g                           | 0.796                                 |            | 0                     |            | 1           |   | 0.096     | 1.433     |           |
| Valine.....g                             | 1.070                                 |            | 0                     |            | 1           |   | 0.128     | 1.926     |           |
| Arginine.....g                           | 1.405                                 |            | 0                     |            | 1           |   | 0.169     | 2.529     |           |
| Histidine.....g                          | 0.629                                 |            | 0                     |            | 1           |   | 0.075     | 1.132     |           |
| Alanine.....g                            | 1.247                                 |            | 0                     |            | 1           |   | 0.150     | 2.245     |           |
| Aspartic acid.....g                      | 1.956                                 |            | 0                     |            | 1           |   | 0.235     | 3.521     |           |
| Glutamic acid.....g                      | 3.286                                 |            | 0                     |            | 1           |   | 0.394     | 5.915     |           |
| Glycine.....g                            | 0.999                                 |            | 0                     |            | 1           |   | 0.120     | 1.798     |           |
| Proline.....g                            | 0.838                                 |            | 0                     |            | 1           |   | 0.101     | 1.508     |           |
| Serine.....g                             | 0.896                                 |            | 0                     |            | 1           |   | 0.108     | 1.613     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 12.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 180g: 1 neck, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

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NDB No. 05170

Turkey, all classes, skin only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                |                    | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total monounsaturated.....g | 16.900                                |            | 0                        |               | 1              |                    | 5.408   | 41.912    |           |
| 14:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 2.930                                 |            | 0                        |               | 1              |                    | 0.938   | 7.266     |           |
| 17:1.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 13.610                                |            | 0                        |               | 1              |                    | 4.355   | 33.753    |           |
| 20:1.....g                               | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 9.080                                 |            | 0                        |               | 1              |                    | 2.906   | 22.518    |           |
| 18:2 undifferentiated.....g              | 8.210                                 |            | 0                        |               | 1              |                    | 2.627   | 20.361    |           |
| 18:3 undifferentiated.....g              | 0.610                                 |            | 0                        |               | 1              |                    | 0.195   | 1.513     |           |
| 18:4.....g                               |                                       |            |                          |               |                |                    |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0                        |               | 1              |                    | 0.035   | 0.273     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                        |               | 4              |                    | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                        |               | 1              |                    | 0.000   | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 113                                   |            | 0                        |               | 1              |                    | 36  | 280       |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |                    |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |                    |   |           |           |
| Tryptophan.....g                         | 0.157                                 |            | 0                        |               | 1              |                    | 0.050   | 0.389     |           |
| Threonine.....g                          | 0.703                                 |            | 0                        |               | 1              |                    | 0.225   | 1.743     |           |
| Isoleucine.....g                         | 0.634                                 |            | 0                        |               | 1              |                    | 0.203   | 1.572     |           |
| Leucine.....g                            | 1.156                                 |            | 0                        |               | 1              |                    | 0.370   | 2.867     |           |
| Lysine.....g                             | 1.176                                 |            | 0                        |               | 1              |                    | 0.376   | 2.916     |           |
| Methionine.....g                         | 0.394                                 |            | 0                        |               | 1              |                    | 0.126   | 0.977     |           |
| Cystine.....g                            | 0.328                                 |            | 0                        |               | 1              |                    | 0.105   | 0.813     |           |
| Phenylalanine.....g                      | 0.665                                 |            | 0                        |               | 1              |                    | 0.213   | 1.649     |           |
| Tyrosine.....g                           | 0.448                                 |            | 0                        |               | 1              |                    | 0.143   | 1.111     |           |
| Valine.....g                             | 0.829                                 |            | 0                        |               | 1              |                    | 0.265   | 2.056     |           |
| Arginine.....g                           | 1.519                                 |            | 0                        |               | 1              |                    | 0.486   | 3.767     |           |
| Histidine.....g                          | 0.378                                 |            | 0                        |               | 1              |                    | 0.121   | 0.937     |           |
| Alanine.....g                            | 1.598                                 |            | 0                        |               | 1              |                    | 0.511   | 3.963     |           |
| Aspartic acid.....g                      | 1.761                                 |            | 0                        |               | 1              |                    | 0.564   | 4.367     |           |
| Glutamic acid.....g                      | 2.448                                 |            | 0                        |               | 1              |                    | 0.783   | 6.071     |           |
| Glycine.....g                            | 3.142                                 |            | 0                        |               | 1              |                    | 1.005   | 7.792     |           |
| Proline.....g                            | 1.837                                 |            | 0                        |               | 1              |                    | 0.588   | 4.556     |           |
| Serine.....g                             | 0.800                                 |            | 0                        |               | 1              |                    | 0.256   | 1.984     |           |
| Hydroxyproline.....g                     |                                       |            |                          |               |                |                    |   |           |           |
| <b>Others:</b>                           |                                       |            |                          |               |                |                    |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                        | z             | 7              |                    | 0.0   | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                          |               |                |                    |   |           |           |
| Theobromine.....mg                       |                                       |            |                          |               |                |                    |   |           |           |

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

**Common Measures:**

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

Measure 2 = 248g: .5 turkey, skin only

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05169**  
**Turkey, all classes, skin only, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 15.730                                |            | 0                     |            | 1   |                 | 8.022     | 61.662    |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 2.720                                 |            | 0                     |            | 1   |                 | 1.387     | 10.662    |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 12.660                                |            | 0                     |            | 1   |                 | 6.457     | 49.627    |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 8.450                                 |            | 0                     |            | 1   |                 | 4.310     | 33.124    |           |
| 18:2 undifferentiated.....g              | 7.640                                 |            | 0                     |            | 1   |                 | 3.896     | 29.949    |           |
| 18:3 undifferentiated.....g              | 0.570                                 |            | 0                     |            | 1   |                 | 0.291     | 2.234     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1   |                 | 0.051     | 0.392     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 91                                    |            | 0                     |            | 1   |                 | 46        | 357       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.102                                 |            | 0                     |            | 1   |                 | 0.052     | 0.400     |           |
| Threonine.....g                          | 0.453                                 |            | 0                     |            | 1   |                 | 0.231     | 1.776     |           |
| Isoleucine.....g                         | 0.409                                 |            | 0                     |            | 1   |                 | 0.209     | 1.603     |           |
| Leucine.....g                            | 0.746                                 |            | 0                     |            | 1   |                 | 0.380     | 2.924     |           |
| Lysine.....g                             | 0.758                                 |            | 0                     |            | 1   |                 | 0.387     | 2.971     |           |
| Methionine.....g                         | 0.254                                 |            | 0                     |            | 1   |                 | 0.130     | 0.996     |           |
| Cystine.....g                            | 0.211                                 |            | 0                     |            | 1   |                 | 0.108     | 0.827     |           |
| Phenylalanine.....g                      | 0.429                                 |            | 0                     |            | 1   |                 | 0.219     | 1.682     |           |
| Tyrosine.....g                           | 0.289                                 |            | 0                     |            | 1   |                 | 0.147     | 1.133     |           |
| Valine.....g                             | 0.534                                 |            | 0                     |            | 1   |                 | 0.272     | 2.093     |           |
| Arginine.....g                           | 0.980                                 |            | 0                     |            | 1   |                 | 0.500     | 3.842     |           |
| Histidine.....g                          | 0.244                                 |            | 0                     |            | 1   |                 | 0.124     | 0.956     |           |
| Alanine.....g                            | 1.031                                 |            | 0                     |            | 1   |                 | 0.526     | 4.042     |           |
| Aspartic acid.....g                      | 1.136                                 |            | 0                     |            | 1   |                 | 0.579     | 4.453     |           |
| Glutamic acid.....g                      | 1.580                                 |            | 0                     |            | 1   |                 | 0.806     | 6.194     |           |
| Glycine.....g                            | 2.027                                 |            | 0                     |            | 1   |                 | 1.034     | 7.946     |           |
| Proline.....g                            | 1.185                                 |            | 0                     |            | 1   |                 | 0.604     | 4.645     |           |
| Serine.....g                             | 0.516                                 |            | 0                     |            | 1   |                 | 0.263     | 2.023     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | z          | 7   |                 | 0.0       | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                       |            |   |                 |           |           |           |
| Theobromine.....mg                       |                                       |            |                       |            |   |                 |           |           |           |

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

**Common Measures:**

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 392g: .5 turkey, skin only

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05196

Turkey, all classes, wing, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.660                                 |            | 0                     |            | 1   |                 | 1.118     | 8.668     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.790                                 |            | 0                     |            | 1   |                 | 0.190     | 1.469     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 3.760                                 |            | 0                     |            | 1   |                 | 0.902     | 6.994     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.002     | 0.019     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.002     | 0.019     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.940                                 |            | 0                     |            | 1   |                 | 0.706     | 5.468     |           |
| 18:2 undifferentiated.....g              | 2.490                                 |            | 0                     |            | 1   |                 | 0.598     | 4.631     |           |
| 18:3 undifferentiated.....g              | 0.160                                 |            | 0                     |            | 1   |                 | 0.038     | 0.298     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            | 0                     |            | 1   |                 | 0.038     | 0.298     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.005     | 0.037     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.007     | 0.056     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 81                                    |            | 0                     |            | 1   |                 | 19        | 151       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| 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                     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |   |                 |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |

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

#### Common Measures:

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

Measure 2 = 186g: 1 wing, bone removed

**NDB No. 05196**  
**Turkey, all classes, wing, meat and skin, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05195

Turkey, all classes, wing, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |                  |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|------------------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1                          | Measure 2 | measures of food |
|  |                                       |            |                             |               |                |                    |                                    |           | Measure 3        |
| Fatty acids, total monounsaturated.....g | 4.970                                 |            | 0                           |               | 1              |                    | 1.640                              | 12.723    |                  |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 16:1 undifferentiated.....g              | 0.850                                 |            | 0                           |               | 1              |                    | 0.281                              | 2.176     |                  |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 18:1 undifferentiated.....g              | 4.010                                 |            | 0                           |               | 1              |                    | 1.323                              | 10.266    |                  |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1              |                    | 0.003                              | 0.026     |                  |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.003                              | 0.026     |                  |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Fatty acids, total polyunsaturated.....g | 2.860                                 |            | 0                           |               | 1              |                    | 0.944                              | 7.322     |                  |
| 18:2 undifferentiated.....g              | 2.520                                 |            | 0                           |               | 1              |                    | 0.832                              | 6.451     |                  |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0                           |               | 1              |                    | 0.059                              | 0.461     |                  |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                           |               | 1              |                    | 0.030                              | 0.230     |                  |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |                  |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                           |               | 1              |                    | 0.003                              | 0.026     |                  |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                           |               | 1              |                    | 0.003                              | 0.026     |                  |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |                  |
| Cholesterol.....mg                       | 70                                    |            | 0                           |               | 1              |                    | 23                                 | 179       |                  |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |                  |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Tryptophan.....g                         | 0.217                                 |            | 0                           |               | 1              |                    | 0.072                              | 0.556     |                  |
| Threonine.....g                          | 0.866                                 |            | 0                           |               | 1              |                    | 0.286                              | 2.217     |                  |
| Isoleucine.....g                         | 0.975                                 |            | 0                           |               | 1              |                    | 0.322                              | 2.496     |                  |
| Leucine.....g                            | 1.531                                 |            | 0                           |               | 1              |                    | 0.505                              | 3.919     |                  |
| Lysine.....g                             | 1.773                                 |            | 0                           |               | 1              |                    | 0.585                              | 4.539     |                  |
| Methionine.....g                         | 0.551                                 |            | 0                           |               | 1              |                    | 0.182                              | 1.411     |                  |
| Cystine.....g                            | 0.234                                 |            | 0                           |               | 1              |                    | 0.077                              | 0.599     |                  |
| Phenylalanine.....g                      | 0.780                                 |            | 0                           |               | 1              |                    | 0.257                              | 1.997     |                  |
| Tyrosine.....g                           | 0.734                                 |            | 0                           |               | 1              |                    | 0.242                              | 1.879     |                  |
| Valine.....g                             | 1.031                                 |            | 0                           |               | 1              |                    | 0.340                              | 2.639     |                  |
| Arginine.....g                           | 1.438                                 |            | 0                           |               | 1              |                    | 0.475                              | 3.681     |                  |
| Histidine.....g                          | 0.585                                 |            | 0                           |               | 1              |                    | 0.193                              | 1.498     |                  |
| Alanine.....g                            | 1.325                                 |            | 0                           |               | 1              |                    | 0.437                              | 3.392     |                  |
| Aspartic acid.....g                      | 1.934                                 |            | 0                           |               | 1              |                    | 0.638                              | 4.951     |                  |
| Glutamic acid.....g                      | 3.150                                 |            | 0                           |               | 1              |                    | 1.040                              | 8.064     |                  |
| Glycine.....g                            | 1.425                                 |            | 0                           |               | 1              |                    | 0.470                              | 3.648     |                  |
| Proline.....g                            | 1.039                                 |            | 0                           |               | 1              |                    | 0.343                              | 2.660     |                  |
| Serine.....g                             | 0.885                                 |            | 0                           |               | 1              |                    | 0.292                              | 2.266     |                  |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |                  |

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#### 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 17 (2004)

**Turkey, canned, meat only, with broth**

**Refuse: 0%**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 66.07                                 | 0.912      | 9              |            | 1           |   | 89.19     | 93.82     | 82.59     |
| Energy.....kcal                       | 163                                   |            | 0              | NC         | 4           |   | 220       | 231       | 204       |
| Energy.....kj                         | 682                                   |            |                |            | 4           |   | 921       | 968       | 852       |
| Protein (N x 6.25).....g              | 23.68                                 | 0.570      | 9              |            | 1           |   | 31.97     | 33.63     | 29.60     |
| Total lipid (fat).....g               | 6.86                                  | 0.242      | 9              |            | 1           |   | 9.26      | 9.74      | 8.58      |
| Ash.....g                             | 1.92                                  | 0.032      | 9              |            | 1           |   | 2.59      | 2.73      | 2.40      |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       | 0.0       |
| Sugars, total.....g                   | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      | 0.00      |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 12                                    | 0.572      | 9              |            | 1           |   | 16        | 17        | 15        |
| Iron, Fe.....mg                       | 1.86                                  | 0.247      | 9              |            | 1           |   | 2.51      | 2.64      | 2.33      |
| Magnesium, Mg.....mg                  | 20                                    |            | 0              |            | 4           |   | 27        | 28        | 25        |
| Phosphorus, P.....mg                  | 162                                   |            | 0              |            | 4           |   | 219       | 230       | 203       |
| Potassium, K.....mg                   | 224                                   |            | 0              |            | 4           |   | 302       | 318       | 280       |
| Sodium, Na.....mg                     | 467                                   | 45.619     | 5              |            | 1           |   | 630       | 663       | 584       |
| Zinc, Zn.....mg                       | 2.37                                  |            | 0              |            | 4           |   | 3.20      | 3.37      | 2.96      |
| Copper, Cu.....mg                     | 0.074                                 |            | 0              |            | 4           |   | 0.100     | 0.105     | 0.093     |
| Manganese, Mn.....mg                  | 0.017                                 |            | 0              |            | 4           |   | 0.023     | 0.024     | 0.021     |
| Selenium, Se.....mcg                  | 25.9                                  |            | 0              | BFNN       | 4           |   | 35.0      | 36.8      | 32.4      |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 2.0                                   | 0.000      | 6              |            | 1           |   | 2.7       | 2.8       | 2.5       |
| Thiamin.....mg                        | 0.014                                 | 0.002      | 9              |            | 1           |   | 0.019     | 0.020     | 0.018     |
| Riboflavin.....mg                     | 0.171                                 | 0.006      | 9              |            | 1           |   | 0.231     | 0.243     | 0.214     |
| Niacin.....mg                         | 6.622                                 | 0.326      | 9              |            | 1           |   | 8.940     | 9.403     | 8.278     |
| Pantothenic acid.....mg               | 0.686                                 |            | 0              |            | 4           |   | 0.926     | 0.974     | 0.858     |
| Vitamin B-6.....mg                    | 0.330                                 |            | 0              |            | 4           |   | 0.446     | 0.469     | 0.413     |
| Folate, total.....mcg                 | 6                                     |            | 0              |            | 4           |   | 8         | 9         | 8         |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         | 0         |
| Folate, food.....mcg                  | 6                                     |            | 0              |            | 4           |   | 8         | 9         | 8         |
| Folate, DFE.....mcg_DFE               | 6                                     |            | 0              | NC         | 4           |   | 8         | 9         | 8         |
| Vitamin B-12.....mcg                  | 0.28                                  |            | 0              |            | 4           |   | 0.38      | 0.40      | 0.35      |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 4           |   | 0         | 0         | 0         |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              | AS         | 1           |   | 0         | 0         | 0         |
| Retinol.....mcg                       | 0                                     |            | 0              | NR         | 4           |   | 0         | 0         | 0         |
| Vitamin E (alpha-tocopherol).....mg   | 0.27                                  |            | 0              | PIK        | 4           |   | 0.37      | 0.39      | 0.34      |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.7                                   |            | 0              | PIK        | 4           |   | 0.9       | 1.0       | 0.9       |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 2.000                                 |            | 0              |            | 1           |   | 2.700     | 2.840     | 2.500     |
| 4:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 6:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 8:0.....g                             | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     | 0.000     |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1           |   | 0.014     | 0.014     | 0.013     |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.050                                 |            | 0              |            | 1           |   | 0.068     | 0.071     | 0.063     |
| 15:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 16:0.....g                            | 1.220                                 |            | 0              |            | 1           |   | 1.647     | 1.732     | 1.525     |
| 17:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 18:0.....g                            | 0.490                                 |            | 0              |            | 1           |   | 0.662     | 0.696     | 0.613     |
| 20:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |

NDB No. 05284

Turkey, canned, meat only, with broth

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               | Amount in edible portion of common |                    |                               |
|--|---------------------------------------|------------|--------------------------|---------------|------------------------------------|--------------------|-------------------------------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code                     | Confidence<br>Code | measures of food              |
|  |                                       |            |                          |               |                                    |                    | Measure 1 Measure 2 Measure 3 |
| Fatty acids, total monounsaturated.....g | 2.260                                 |            | 0                        |               | 1                                  |                    | 3.051 3.209 2.825             |
| 14:1.....g                               |                                       |            |                          |               |                                    |                    |                               |
| 15:1.....g                               |                                       |            |                          |               |                                    |                    |                               |
| 16:1 undifferentiated.....g              | 0.370                                 |            | 0                        |               | 1                                  |                    | 0.500 0.525 0.463             |
| 17:1.....g                               |                                       |            |                          |               |                                    |                    |                               |
| 18:1 undifferentiated.....g              | 1.830                                 |            | 0                        |               | 1                                  |                    | 2.471 2.599 2.288             |
| 20:1.....g                               | 0.010                                 |            | 0                        |               | 1                                  |                    | 0.014 0.014 0.013             |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                        |               | 1                                  |                    | 0.014 0.014 0.013             |
| 24:1 c.....g                             |                                       |            |                          |               |                                    |                    |                               |
| Fatty acids, total polyunsaturated.....g | 1.750                                 |            | 0                        |               | 1                                  |                    | 2.363 2.485 2.188             |
| 18:2 undifferentiated.....g              | 1.460                                 |            | 0                        |               | 1                                  |                    | 1.971 2.073 1.825             |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0                        |               | 1                                  |                    | 0.108 0.114 0.100             |
| 18:4.....g                               | 0.000                                 |            | 0                        |               | 1                                  |                    | 0.000 0.000 0.000             |
| 20:2 n-6 c.c.....g                       |                                       |            |                          |               |                                    |                    |                               |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                                    |                    |                               |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0                        |               | 1                                  |                    | 0.189 0.199 0.175             |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                        |               | 1                                  |                    | 0.000 0.000 0.000             |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                        |               | 1                                  |                    | 0.027 0.028 0.025             |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                        |               | 1                                  |                    | 0.041 0.043 0.038             |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                                    |                    |                               |
| Cholesterol.....mg                       | 66                                    |            | 0                        |               | 4                                  |                    | 89 94 83                      |
| Phytosterols.....mg                      |                                       |            |                          |               |                                    |                    |                               |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                                    |                    |                               |
| 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                     |                                       |            |                          |               |                                    |                    |                               |
| <b>Others:</b>                           |                                       |            |                          |               |                                    |                    |                               |
| 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                         |
| <b>Carotenoids:</b>                      |                                       |            |                          |               |                                    |                    |                               |
| Carotene, beta.....mcg                   | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Lycopene.....mcg                         | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                        | Z             | 7                                  |                    | 0.000 0.000 0.000             |

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

**Common Measures:**

Measure 1 = 135g: 1 cup, drained

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 125g: 1 can (5 oz) yields

**NDB No. 05284**  
**Turkey, canned, meat only, with broth**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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**NDB No. 05285**  
**Turkey, diced, light and dark meat, seasoned**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.980                                 |            | 0                     |            | 1           |   | 0.561     | 4.495     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.320                                 |            | 0                     |            | 1           |   | 0.091     | 0.726     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.600                                 |            | 0                     |            | 1           |   | 0.454     | 3.632     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.003     | 0.023     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.003     | 0.023     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.530                                 |            | 0                     |            | 1           |   | 0.434     | 3.473     |           |
| 18:2 undifferentiated.....g              | 1.270                                 |            | 0                     |            | 1           |   | 0.360     | 2.883     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0                     |            | 1           |   | 0.020     | 0.159     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 1           |   | 0.034     | 0.272     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.006     | 0.045     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.006     | 0.045     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 55                                    |            | 0                     |            | 4           |   | 16        | 125       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.206                                 |            | 0                     |            | 1           |   | 0.058     | 0.468     |           |
| Threonine.....g                          | 0.813                                 |            | 0                     |            | 1           |   | 0.230     | 1.846     |           |
| Isoleucine.....g                         | 0.934                                 |            | 0                     |            | 1           |   | 0.265     | 2.120     |           |
| Leucine.....g                            | 1.447                                 |            | 0                     |            | 1           |   | 0.410     | 3.285     |           |
| Lysine.....g                             | 1.693                                 |            | 0                     |            | 1           |   | 0.480     | 3.843     |           |
| Methionine.....g                         | 0.522                                 |            | 0                     |            | 1           |   | 0.148     | 1.185     |           |
| Cystine.....g                            | 0.210                                 |            | 0                     |            | 1           |   | 0.060     | 0.477     |           |
| Phenylalanine.....g                      | 0.729                                 |            | 0                     |            | 1           |   | 0.207     | 1.655     |           |
| Tyrosine.....g                           | 0.707                                 |            | 0                     |            | 1           |   | 0.200     | 1.605     |           |
| Valine.....g                             | 0.970                                 |            | 0                     |            | 1           |   | 0.275     | 2.202     |           |
| Arginine.....g                           | 1.313                                 |            | 0                     |            | 1           |   | 0.372     | 2.981     |           |
| Histidine.....g                          | 0.559                                 |            | 0                     |            | 1           |   | 0.158     | 1.269     |           |
| Alanine.....g                            | 1.187                                 |            | 0                     |            | 1           |   | 0.337     | 2.694     |           |
| Aspartic acid.....g                      | 1.793                                 |            | 0                     |            | 1           |   | 0.508     | 4.070     |           |
| Glutamic acid.....g                      | 2.974                                 |            | 0                     |            | 1           |   | 0.843     | 6.751     |           |
| Glycine.....g                            | 1.123                                 |            | 0                     |            | 1           |   | 0.318     | 2.549     |           |
| Proline.....g                            | 0.866                                 |            | 0                     |            | 1           |   | 0.246     | 1.966     |           |
| Serine.....g                             | 0.821                                 |            | 0                     |            | 1           |   | 0.233     | 1.864     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43367

Turkey, drumstick, smoked, cooked, with skin, bone removed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   | Code  |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.864                                 |            |         |       | 4      |   |           | 0.601     | 0.487     |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.459                                 |            |         |       | 4      |   |           | 0.096     | 0.078     |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.335                                 |            |         |       | 4      |   |           | 0.490     | 0.397     |
| 20:1.....g                               | 0.030                                 |            |         |       | 4      |   |           | 0.006     | 0.005     |
| 22:1 undifferentiated.....g              | 0.020                                 |            |         |       | 4      |   |           | 0.004     | 0.003     |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.715                                 |            |         |       | 4      |   |           | 0.570     | 0.462     |
| 18:2 undifferentiated.....g              | 2.266                                 |            |         |       | 4      |   |           | 0.476     | 0.385     |
| 18:3 undifferentiated.....g              | 0.110                                 |            |         |       | 4      |   |           | 0.023     | 0.019     |
| 18:4.....g                               | 0.000                                 |            |         |       | 4      |   |           | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.240                                 |            |         |       | 4      |   |           | 0.050     | 0.041     |
| 20:5 n-3.....g                           | 0.000                                 |            |         |       | 4      |   |           | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.030                                 |            |         |       | 4      |   |           | 0.006     | 0.005     |
| 22:6 n-3.....g                           | 0.050                                 |            |         |       | 4      |   |           | 0.011     | 0.009     |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 85                                    |            |         |       | 4      |   |           | 18        | 14        |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Others:</b>                           |                                       |            |         |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |         |       | 7      |   |           | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0       | Z     | 7      |   |           | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0       | Z     | 7      |   |           | 0         | 0         |
| <b>Carotenoids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0       | Z     | 7      |   |           | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0       | Z     | 7      |   |           | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0       | Z     | 7      |   |           | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0       | Z     | 7      |   |           | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0       | Z     | 7      |   |           | 0.000     | 0.000     |

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

#### Common Measures:

Measure 2 = 21g: 1 oz with bone, cooked (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

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**Turkey, fryer-roasters, back, meat and skin, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
|                                       |                                       |            |                |            | Confidence Code                                     |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 63.27                                 | 0.396      | 6              |            | 1   | 82.25     | 23.41     |           |
| Energy.....kcal                       | 204                                   |            | 0              | NC         | 4   | 265       | 75        |           |
| Energy.....kj                         | 854                                   |            |                |            | 4   | 1110      | 316       |           |
| Protein (N x 6.25).....g              | 26.15                                 | 0.514      | 6              |            | 1   | 34.00     | 9.68      |           |
| Total lipid (fat).....g               | 10.24                                 | 0.726      | 6              |            | 1   | 13.31     | 3.79      |           |
| Ash.....g                             | 0.85                                  | 0.017      | 6              |            | 1   | 1.11      | 0.31      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 36                                    | 1.447      | 6              |            | 1   | 47        | 13        |           |
| Iron, Fe.....mg                       | 1.85                                  | 0.167      | 6              |            | 1   | 2.41      | 0.68      |           |
| Magnesium, Mg.....mg                  | 20                                    | 0.274      | 6              |            | 1   | 26        | 7         |           |
| Phosphorus, P.....mg                  | 170                                   | 3.973      | 6              |            | 1   | 221       | 63        |           |
| Potassium, K.....mg                   | 208                                   | 2.865      | 6              |            | 1   | 270       | 77        |           |
| Sodium, Na.....mg                     | 70                                    | 2.926      | 6              |            | 1   | 91        | 26        |           |
| Zinc, Zn.....mg                       | 3.34                                  |            | 2              |            | 1   | 4.34      | 1.24      |           |
| Copper, Cu.....mg                     | 0.166                                 |            | 2              |            | 1   | 0.216     | 0.061     |           |
| Manganese, Mn.....mg                  | 0.023                                 |            | 2              |            | 1   | 0.030     | 0.009     |           |
| Selenium, Se.....mcg                  | 37.7                                  |            | 0              | BFYN       | 4   | 49.0      | 13.9      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.040                                 | 0.003      | 6              |            | 1   | 0.052     | 0.015     |           |
| Riboflavin.....mg                     | 0.193                                 | 0.012      | 6              |            | 1   | 0.251     | 0.071     |           |
| Niacin.....mg                         | 3.517                                 | 0.100      | 6              |            | 1   | 4.572     | 1.301     |           |
| Pantothenic acid.....mg               | 1.127                                 |            | 0              |            | 1   | 1.465     | 0.417     |           |
| Vitamin B-6.....mg                    | 0.310                                 |            | 0              |            | 1   | 0.403     | 0.115     |           |
| Folate, total.....mcg                 | 9                                     |            | 0              |            | 1   | 12        | 3         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 9                                     |            | 0              |            | 1   | 12        | 3         |           |
| Folate, DFE.....mcg_DFE               | 9                                     |            | 0              | NC         | 4   | 12        | 3         |           |
| Vitamin B-12.....mcg                  | 0.36                                  |            | 0              |            | 1   | 0.47      | 0.13      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 2              |            | 1   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 2              |            | 1   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 2              |            | 1   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 2.990                                 |            | 0              |            | 1   | 3.887     | 1.106     |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1   | 0.013     | 0.004     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.070                                 |            | 0              |            | 1   | 0.091     | 0.026     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 1.880                                 |            | 0              |            | 1   | 2.444     | 0.696     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 0.720                                 |            | 0              |            | 1   | 0.936     | 0.266     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05214

Turkey, fryer-roasters, back, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.530                                 |            | 0       |       | 1      |   | 4.589     | 1.306     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.590                                 |            | 0       |       | 1      |   | 0.767     | 0.218     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.860                                 |            | 0       |       | 1      |   | 3.718     | 1.058     |           |
| 20:1.....g                               | 0.020                                 |            | 0       |       | 1      |   | 0.026     | 0.007     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |   | 0.013     | 0.004     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.640                                 |            | 0       |       | 1      |   | 3.432     | 0.977     |           |
| 18:2 undifferentiated.....g              | 2.270                                 |            | 0       |       | 1      |   | 2.951     | 0.840     |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0       |       | 1      |   | 0.169     | 0.048     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0       |       | 1      |   | 0.221     | 0.063     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.026     | 0.007     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |   | 0.039     | 0.011     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 108                                   | 4.974      | 6       |       | 1      |   | 140       | 40        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.279                                 |            | 0       |       | 1      |   | 0.363     | 0.103     |           |
| Threonine.....g                          | 1.116                                 |            | 0       |       | 1      |   | 1.451     | 0.413     |           |
| Isoleucine.....g                         | 1.253                                 |            | 0       |       | 1      |   | 1.629     | 0.464     |           |
| Leucine.....g                            | 1.971                                 |            | 0       |       | 1      |   | 2.562     | 0.729     |           |
| Lysine.....g                             | 2.278                                 |            | 0       |       | 1      |   | 2.961     | 0.843     |           |
| Methionine.....g                         | 0.709                                 |            | 0       |       | 1      |   | 0.922     | 0.262     |           |
| Cystine.....g                            | 0.306                                 |            | 0       |       | 1      |   | 0.398     | 0.113     |           |
| Phenylalanine.....g                      | 1.006                                 |            | 0       |       | 1      |   | 1.308     | 0.372     |           |
| Tyrosine.....g                           | 0.943                                 |            | 0       |       | 1      |   | 1.226     | 0.349     |           |
| Valine.....g                             | 1.330                                 |            | 0       |       | 1      |   | 1.729     | 0.492     |           |
| Arginine.....g                           | 1.864                                 |            | 0       |       | 1      |   | 2.423     | 0.690     |           |
| Histidine.....g                          | 0.751                                 |            | 0       |       | 1      |   | 0.976     | 0.278     |           |
| Alanine.....g                            | 1.723                                 |            | 0       |       | 1      |   | 2.240     | 0.638     |           |
| Aspartic acid.....g                      | 2.498                                 |            | 0       |       | 1      |   | 3.247     | 0.924     |           |
| Glutamic acid.....g                      | 4.058                                 |            | 0       |       | 1      |   | 5.275     | 1.501     |           |
| Glycine.....g                            | 1.890                                 |            | 0       |       | 1      |   | 2.457     | 0.699     |           |
| Proline.....g                            | 1.367                                 |            | 0       |       | 1      |   | 1.777     | 0.506     |           |
| Serine.....g                             | 1.142                                 |            | 0       |       | 1      |   | 1.485     | 0.423     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 130g: .5 back, bone removed

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, back, meat and skin, raw**

**Refuse: 41% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |                 |           |           |           |
| Water.....g                           | 72.47                                 | 0.606      | 6              |            | 1   |                 | 132.62    | 37.68     |           |
| Energy.....kcal                       | 151                                   |            | 0              | NC         | 4   |                 | 276       | 79        |           |
| Energy.....kJ                         | 632                                   |            |                |            | 4   |                 | 1156      | 329       |           |
| Protein (N x 6.25).....g              | 19.89                                 | 0.162      | 6              |            | 1   |                 | 36.40     | 10.34     |           |
| Total lipid (fat).....g               | 7.27                                  | 0.771      | 6              |            | 1   |                 | 13.30     | 3.78      |           |
| Ash.....g                             | 0.76                                  | 0.006      | 6              |            | 1   |                 | 1.39      | 0.40      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   |                 | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 19                                    | 0.613      | 6              |            | 1   |                 | 35        | 10        |           |
| Iron, Fe.....mg                       | 1.40                                  | 0.097      | 6              |            | 1   |                 | 2.56      | 0.73      |           |
| Magnesium, Mg.....mg                  | 19                                    | 0.231      | 6              |            | 1   |                 | 35        | 10        |           |
| Phosphorus, P.....mg                  | 155                                   | 1.456      | 6              |            | 1   |                 | 284       | 81        |           |
| Potassium, K.....mg                   | 204                                   | 2.318      | 6              |            | 1   |                 | 373       | 106       |           |
| Sodium, Na.....mg                     | 60                                    | 1.354      | 6              |            | 1   |                 | 110       | 31        |           |
| Zinc, Zn.....mg                       | 1.92                                  |            | 2              |            | 1   |                 | 3.51      | 1.00      |           |
| Copper, Cu.....mg                     | 0.137                                 |            | 2              |            | 1   |                 | 0.251     | 0.071     |           |
| Manganese, Mn.....mg                  | 0.018                                 |            | 2              |            | 1   |                 | 0.033     | 0.009     |           |
| Selenium, Se.....mcg                  | 26.4                                  |            | 0              | PAK        | 1   |                 | 48.3      | 13.7      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   |                 | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.042                                 | 0.004      | 6              |            | 1   |                 | 0.077     | 0.022     |           |
| Riboflavin.....mg                     | 0.161                                 | 0.009      | 6              |            | 1   |                 | 0.295     | 0.084     |           |
| Niacin.....mg                         | 3.257                                 | 0.170      | 6              |            | 1   |                 | 5.960     | 1.694     |           |
| Pantothenic acid.....mg               | 1.032                                 |            | 0              |            | 1   |                 | 1.889     | 0.537     |           |
| Vitamin B-6.....mg                    | 0.320                                 |            | 0              |            | 1   |                 | 0.586     | 0.166     |           |
| Folate, total.....mcg                 | 10                                    |            | 0              |            | 1   |                 | 18        | 5         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 10                                    |            | 0              |            | 1   |                 | 18        | 5         |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0              | NC         | 4   |                 | 18        | 5         |           |
| Vitamin B-12.....mcg                  | 0.39                                  |            | 0              |            | 1   |                 | 0.71      | 0.20      |           |
| Vitamin A, IU.....IU                  | 6                                     |            | 2              |            | 1   |                 | 11        | 3         |           |
| Vitamin A, RAE.....mcg_RAE            | 2                                     |            | 2              |            | 1   |                 | 3         | 1         |           |
| Retinol.....mcg                       | 2                                     |            | 2              |            | 1   |                 | 3         | 1         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 2.120                                 |            | 0              |            | 1   |                 | 3.880     | 1.102     |           |
| 4:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |                 |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   |                 | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1   |                 | 0.018     | 0.005     |           |
| 13:0.....g                            |                                       |            |                |            |   |                 |           |           |           |
| 14:0.....g                            | 0.050                                 |            | 0              |            | 1   |                 | 0.092     | 0         |           |

NDB No. 05213

Turkey, fryer-roasters, back, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.500                                 |            | 0                     |            | 1           |   | 4.575     | 1.300     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.420                                 |            | 0                     |            | 1           |   | 0.769     | 0.218     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.030                                 |            | 0                     |            | 1           |   | 3.715     | 1.056     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.018     | 0.005     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.018     | 0.005     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.880                                 |            | 0                     |            | 1           |   | 3.440     | 0.978     |           |
| 18:2 undifferentiated.....g              | 1.610                                 |            | 0                     |            | 1           |   | 2.946     | 0.837     |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1           |   | 0.165     | 0.047     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 1           |   | 0.220     | 0.062     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.037     | 0.010     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.037     | 0.010     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 86                                    | 2.938      | 6                     |            | 1           |   | 157       | 45        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.216                                 |            | 0                     |            | 1           |   | 0.395     | 0.112     |           |
| Threonine.....g                          | 0.859                                 |            | 0                     |            | 1           |   | 1.572     | 0.447     |           |
| Isoleucine.....g                         | 0.977                                 |            | 0                     |            | 1           |   | 1.788     | 0.508     |           |
| Leucine.....g                            | 1.524                                 |            | 0                     |            | 1           |   | 2.789     | 0.792     |           |
| Lysine.....g                             | 1.774                                 |            | 0                     |            | 1           |   | 3.246     | 0.922     |           |
| Methionine.....g                         | 0.550                                 |            | 0                     |            | 1           |   | 1.007     | 0.286     |           |
| Cystine.....g                            | 0.225                                 |            | 0                     |            | 1           |   | 0.412     | 0.117     |           |
| Phenylalanine.....g                      | 0.772                                 |            | 0                     |            | 1           |   | 1.413     | 0.401     |           |
| Tyrosine.....g                           | 0.737                                 |            | 0                     |            | 1           |   | 1.349     | 0.383     |           |
| Valine.....g                             | 1.025                                 |            | 0                     |            | 1           |   | 1.876     | 0.533     |           |
| Arginine.....g                           | 1.409                                 |            | 0                     |            | 1           |   | 2.578     | 0.733     |           |
| Histidine.....g                          | 0.586                                 |            | 0                     |            | 1           |   | 1.072     | 0.305     |           |
| Alanine.....g                            | 1.288                                 |            | 0                     |            | 1           |   | 2.357     | 0.670     |           |
| Aspartic acid.....g                      | 1.910                                 |            | 0                     |            | 1           |   | 3.495     | 0.993     |           |
| Glutamic acid.....g                      | 3.134                                 |            | 0                     |            | 1           |   | 5.735     | 1.630     |           |
| Glycine.....g                            | 1.306                                 |            | 0                     |            | 1           |   | 2.390     | 0.679     |           |
| Proline.....g                            | 0.978                                 |            | 0                     |            | 1           |   | 1.790     | 0.509     |           |
| Serine.....g                             | 0.874                                 |            | 0                     |            | 1           |   | 1.599     | 0.454     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 183g: .5 back, bone removed

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05216

Turkey, fryer-roasters, back, meat only, cooked, roasted

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |         |       |        | <u>Amount in edible portion of common</u><br><u>measures of food</u> |           |           |           |
|--|--|------------|---------|-------|--------|--|-----------|-----------|-----------|
|  | Mean   | Std. Error | Number  | Deriv | Source | Confidence   | Measure 1 | Measure 2 | Measure 3 |
|  |  |            | of Data | Code  | Code   |  |           |           |           |
|  |  |            | Points  |       |        |  |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.280  |            | 0       |       | 1      |  | 0.346     | 1.267     |           |
| 14:1.....g                               |  |            |         |       |        |  |           |           |           |
| 15:1.....g                               |  |            |         |       |        |  |           |           |           |
| 16:1 undifferentiated.....g              | 0.190  |            | 0       |       | 1      |  | 0.051     | 0.188     |           |
| 17:1.....g                               |  |            |         |       |        |  |           |           |           |
| 18:1 undifferentiated.....g              | 1.060  |            | 0       |       | 1      |  | 0.286     | 1.049     |           |
| 20:1.....g                               | 0.020  |            | 0       |       | 1      |  | 0.005     | 0.020     |           |
| 22:1 undifferentiated.....g              | 0.010  |            | 0       |       | 1      |  | 0.003     | 0.010     |           |
| 24:1 c.....g                             |  |            |         |       |        |  |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.690  |            | 0       |       | 1      |  | 0.456     | 1.673     |           |
| 18:2 undifferentiated.....g              | 1.370  |            | 0       |       | 1      |  | 0.370     | 1.356     |           |
| 18:3 undifferentiated.....g              | 0.050  |            | 0       |       | 1      |  | 0.014     | 0.050     |           |
| 18:4.....g                               |  |            |         |       |        |  |           |           |           |
| 20:2 n-6 c,c.....g                       |  |            |         |       |        |  |           |           |           |
| 20:3 undifferentiated.....g              |  |            |         |       |        |  |           |           |           |
| 20:4 undifferentiated.....g              | 0.200  |            | 0       |       | 1      |  | 0.054     | 0.198     |           |
| 20:5 n-3.....g                           | 0.000  |            | 0       |       | 4      |  | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030  |            | 0       |       | 1      |  | 0.008     | 0.030     |           |
| 22:6 n-3.....g                           | 0.040  |            | 0       |       | 1      |  | 0.011     | 0.040     |           |
| Fatty acids, total trans.....g           |  |            |         |       |        |  |           |           |           |
| Cholesterol.....mg                       | 95   | 4.152      | 6       |       | 1      |  | 26        | 94        |           |
| Phytosterols.....mg                      |  |            |         |       |        |  |           |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |         |       |        |  |           |           |           |
| Tryptophan.....g                         | 0.318  |            | 0       |       | 1      |  | 0.086     | 0.315     |           |
| Threonine.....g                          | 1.246  |            | 0       |       | 1      |  | 0.336     | 1.234     |           |
| Isoleucine.....g                         | 1.457  |            | 0       |       | 1      |  | 0.393     | 1.442     |           |
| Leucine.....g                            | 2.232  |            | 0       |       | 1      |  | 0.603     | 2.210     |           |
| Lysine.....g                             | 2.640  |            | 0       |       | 1      |  | 0.713     | 2.614     |           |
| Methionine.....g                         | 0.811  |            | 0       |       | 1      |  | 0.219     | 0.803     |           |
| Cystine.....g                            | 0.291  |            | 0       |       | 1      |  | 0.079     | 0.288     |           |
| Phenylalanine.....g                      | 1.112  |            | 0       |       | 1      |  | 0.300     | 1.101     |           |
| Tyrosine.....g                           | 1.107  |            | 0       |       | 1      |  | 0.299     | 1.096     |           |
| Valine.....g                             | 1.488  |            | 0       |       | 1      |  | 0.402     | 1.473     |           |
| Arginine.....g                           | 1.954  |            | 0       |       | 1      |  | 0.528     | 1.934     |           |
| Histidine.....g                          | 0.874  |            | 0       |       | 1      |  | 0.236     | 0.865     |           |
| Alanine.....g                            | 1.735  |            | 0       |       | 1      |  | 0.468     | 1.718     |           |
| Aspartic acid.....g                      | 2.721  |            | 0       |       | 1      |  | 0.735     | 2.694     |           |
| Glutamic acid.....g                      | 4.572  |            | 0       |       | 1      |  | 1.234     | 4.526     |           |
| Glycine.....g                            | 1.389  |            | 0       |       | 1      |  | 0.375     | 1.375     |           |
| Proline.....g                            | 1.165  |            | 0       |       | 1      |  | 0.315     | 1.153     |           |
| Serine.....g                             | 1.246  |            | 0       |       | 1      |  | 0.336     | 1.234     |           |
| Hydroxyproline.....g                     |  |            |         |       |        |  |           |           |           |

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

#### Common Measures:

Measure 1 = 27g: 1 unit (yield from 1 lb ready-to-cook turkey)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, back, 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 |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
|                                       |                                       |            |                |            | Confidence Code                                     |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 75.37                                 | 0.309      | 6              |            | 1   | 32.41     | 113.06    |           |
| Energy.....kcal                       | 120                                   |            | 0              | NC         | 4   | 52        | 180       |           |
| Energy.....kj                         | 502                                   |            |                |            | 4   | 216       | 753       |           |
| Protein (N x 6.25).....g              | 20.66                                 | 0.108      | 6              |            | 1   | 8.88      | 30.99     |           |
| Total lipid (fat).....g               | 3.51                                  | 0.292      | 6              |            | 1   | 1.51      | 5.27      |           |
| Ash.....g                             | 0.83                                  | 0.004      | 6              |            | 1   | 0.36      | 1.25      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 19                                    | 0.768      | 6              |            | 1   | 8         | 29        |           |
| Iron, Fe.....mg                       | 1.44                                  | 0.128      | 6              |            | 1   | 0.62      | 2.16      |           |
| Magnesium, Mg.....mg                  | 21                                    | 0.124      | 6              |            | 1   | 9         | 32        |           |
| Phosphorus, P.....mg                  | 168                                   | 2.786      | 6              |            | 1   | 72        | 252       |           |
| Potassium, K.....mg                   | 222                                   | 3.485      | 6              |            | 1   | 95        | 333       |           |
| Sodium, Na.....mg                     | 65                                    | 1.230      | 6              |            | 1   | 28        | 98        |           |
| Zinc, Zn.....mg                       | 2.02                                  |            | 2              |            | 1   | 0.87      | 3.03      |           |
| Copper, Cu.....mg                     | 0.134                                 |            | 2              |            | 1   | 0.058     | 0.201     |           |
| Manganese, Mn.....mg                  | 0.019                                 |            | 2              |            | 1   | 0.008     | 0.029     |           |
| Selenium, Se.....mcg                  | 28.6                                  |            | 0              | BFZN       | 4   | 12.3      | 42.9      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.047                                 | 0.005      | 6              |            | 1   | 0.020     | 0.071     |           |
| Riboflavin.....mg                     | 0.176                                 | 0.009      | 6              |            | 1   | 0.076     | 0.264     |           |
| Niacin.....mg                         | 3.594                                 | 0.184      | 6              |            | 1   | 1.545     | 5.391     |           |
| Pantothenic acid.....mg               | 1.182                                 |            | 0              |            | 1   | 0.508     | 1.773     |           |
| Vitamin B-6.....mg                    | 0.370                                 |            | 0              |            | 1   | 0.159     | 0.555     |           |
| Folate, total.....mcg                 | 11                                    |            | 0              |            | 1   | 5         | 17        |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 11                                    |            | 0              |            | 1   | 5         | 17        |           |
| Folate, DFE.....mcg_DFE               | 11                                    |            | 0              | NC         | 4   | 5         | 17        |           |
| Vitamin B-12.....mcg                  | 0.41                                  |            | 0              |            | 1   | 0.18      | 0.62      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.180                                 |            | 0              |            | 1   | 0.507     | 1.770     |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 | 0.002      | 6              |            | 1   | 0.004     | 0.015     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.020                                 | 0.005      | 8              |            | 1   | 0.009     | 0.030     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 0.620                                 | 0.063      | 8              |            | 1   | 0.267     | 0.930     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 0.350                                 | 0.034      | 8              |            | 1   | 0.151     | 0.525     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05215

Turkey, fryer-roasters, back, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                             |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.800                                 |            | 0                           |               | 1              |                    | 0.344                              | 1.200     |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.120                                 | 0.028      | 8                           |               | 1              |                    | 0.052                              | 0.180     |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 0.660                                 | 0.069      | 8                           |               | 1              |                    | 0.284                              | 0.990     |           |
| 20:1.....g                               | 0.010                                 | 0.002      | 7                           |               | 1              |                    | 0.004                              | 0.015     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.002      | 7                           |               | 1              |                    | 0.004                              | 0.015     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 1.050                                 |            | 0                           |               | 1              |                    | 0.452                              | 1.575     |           |
| 18:2 undifferentiated.....g              | 0.850                                 | 0.086      | 8                           |               | 1              |                    | 0.366                              | 1.275     |           |
| 18:3 undifferentiated.....g              | 0.030                                 | 0.010      | 8                           |               | 1              |                    | 0.013                              | 0.045     |           |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 | 0.021      | 8                           |               | 1              |                    | 0.052                              | 0.180     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 | 0.004      | 7                           |               | 1              |                    | 0.009                              | 0.030     |           |
| 22:6 n-3.....g                           | 0.030                                 | 0.015      | 7                           |               | 1              |                    | 0.013                              | 0.045     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 74                                    | 3.423      | 6                           |               | 1              |                    | 32                                 | 111       |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Tryptophan.....g                         | 0.235                                 |            | 0                           |               | 1              |                    | 0.101                              | 0.353     |           |
| Threonine.....g                          | 0.919                                 |            | 0                           |               | 1              |                    | 0.395                              | 1.379     |           |
| Isoleucine.....g                         | 1.074                                 |            | 0                           |               | 1              |                    | 0.462                              | 1.611     |           |
| Leucine.....g                            | 1.646                                 |            | 0                           |               | 1              |                    | 0.708                              | 2.469     |           |
| Lysine.....g                             | 1.947                                 |            | 0                           |               | 1              |                    | 0.837                              | 2.921     |           |
| Methionine.....g                         | 0.598                                 |            | 0                           |               | 1              |                    | 0.257                              | 0.897     |           |
| Cystine.....g                            | 0.215                                 |            | 0                           |               | 1              |                    | 0.092                              | 0.323     |           |
| Phenylalanine.....g                      | 0.820                                 |            | 0                           |               | 1              |                    | 0.353                              | 1.230     |           |
| Tyrosine.....g                           | 0.816                                 |            | 0                           |               | 1              |                    | 0.351                              | 1.224     |           |
| Valine.....g                             | 1.097                                 |            | 0                           |               | 1              |                    | 0.472                              | 1.646     |           |
| Arginine.....g                           | 1.441                                 |            | 0                           |               | 1              |                    | 0.620                              | 2.162     |           |
| Histidine.....g                          | 0.644                                 |            | 0                           |               | 1              |                    | 0.277                              | 0.966     |           |
| Alanine.....g                            | 1.279                                 |            | 0                           |               | 1              |                    | 0.550                              | 1.919     |           |
| Aspartic acid.....g                      | 2.006                                 |            | 0                           |               | 1              |                    | 0.863                              | 3.009     |           |
| Glutamic acid.....g                      | 3.371                                 |            | 0                           |               | 1              |                    | 1.450                              | 5.057     |           |
| Glycine.....g                            | 1.025                                 |            | 0                           |               | 1              |                    | 0.441                              | 1.538     |           |
| Proline.....g                            | 0.859                                 |            | 0                           |               | 1              |                    | 0.369                              | 1.289     |           |
| Serine.....g                             | 0.919                                 |            | 0                           |               | 1              |                    | 0.395                              | 1.379     |           |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |           |

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

**Common Measures:**

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

Measure 2 = 150g: .5 back, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05218

Turkey, fryer-roasters, breast, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.200                                 |            | 0                     |            | 1           |   | 1.176     | 4.128     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.200                                 |            | 0                     |            | 1           |   | 0.196     | 0.688     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.970                                 |            | 0                     |            | 1           |   | 0.951     | 3.337     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.760                                 |            | 0                     |            | 1           |   | 0.745     | 2.614     |           |
| 18:2 undifferentiated.....g              | 0.640                                 |            | 0                     |            | 1           |   | 0.627     | 2.202     |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1           |   | 0.039     | 0.138     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1           |   | 0.039     | 0.138     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.010     | 0.034     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.010     | 0.034     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 90                                    | 6.407      | 6                     |            | 1           |   | 88        | 310       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.322                                 |            | 0                     |            | 1           |   | 0.316     | 1.108     |           |
| Threonine.....g                          | 1.273                                 |            | 0                     |            | 1           |   | 1.248     | 4.379     |           |
| Isoleucine.....g                         | 1.466                                 |            | 0                     |            | 1           |   | 1.437     | 5.043     |           |
| Leucine.....g                            | 2.268                                 |            | 0                     |            | 1           |   | 2.223     | 7.802     |           |
| Lysine.....g                             | 2.660                                 |            | 0                     |            | 1           |   | 2.607     | 9.150     |           |
| Methionine.....g                         | 0.821                                 |            | 0                     |            | 1           |   | 0.805     | 2.824     |           |
| Cystine.....g                            | 0.317                                 |            | 0                     |            | 1           |   | 0.311     | 1.090     |           |
| Phenylalanine.....g                      | 1.140                                 |            | 0                     |            | 1           |   | 1.117     | 3.922     |           |
| Tyrosine.....g                           | 1.110                                 |            | 0                     |            | 1           |   | 1.088     | 3.818     |           |
| Valine.....g                             | 1.519                                 |            | 0                     |            | 1           |   | 1.489     | 5.225     |           |
| Arginine.....g                           | 2.044                                 |            | 0                     |            | 1           |   | 2.003     | 7.031     |           |
| Histidine.....g                          | 0.879                                 |            | 0                     |            | 1           |   | 0.861     | 3.024     |           |
| Alanine.....g                            | 1.844                                 |            | 0                     |            | 1           |   | 1.807     | 6.343     |           |
| Aspartic acid.....g                      | 2.805                                 |            | 0                     |            | 1           |   | 2.749     | 9.649     |           |
| Glutamic acid.....g                      | 4.654                                 |            | 0                     |            | 1           |   | 4.561     | 16.010    |           |
| Glycine.....g                            | 1.693                                 |            | 0                     |            | 1           |   | 1.659     | 5.824     |           |
| Proline.....g                            | 1.327                                 |            | 0                     |            | 1           |   | 1.300     | 4.565     |           |
| Serine.....g                             | 1.284                                 |            | 0                     |            | 1           |   | 1.258     | 4.417     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 98g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 344g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05217

Turkey, fryer-roasters, breast, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.000                                 |            | 0                     |            | 1           |   | 1.230     | 4.330     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.170                                 |            | 0                     |            | 1           |   | 0.209     | 0.736     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.800                                 |            | 0                     |            | 1           |   | 0.984     | 3.464     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.630                                 |            | 0                     |            | 1           |   | 0.775     | 2.728     |           |
| 18:2 undifferentiated.....g              | 0.530                                 |            | 0                     |            | 1           |   | 0.652     | 2.295     |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1           |   | 0.049     | 0.173     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.030                                 |            | 0                     |            | 1           |   | 0.037     | 0.130     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.012     | 0.043     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.012     | 0.043     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 70                                    | 1.473      | 6                     |            | 1           |   | 86        | 303       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.264                                 |            | 0                     |            | 1           |   | 0.325     | 1.143     |           |
| Threonine.....g                          | 1.042                                 |            | 0                     |            | 1           |   | 1.282     | 4.512     |           |
| Isoleucine.....g                         | 1.203                                 |            | 0                     |            | 1           |   | 1.480     | 5.209     |           |
| Leucine.....g                            | 1.859                                 |            | 0                     |            | 1           |   | 2.287     | 8.049     |           |
| Lysine.....g                             | 2.182                                 |            | 0                     |            | 1           |   | 2.684     | 9.448     |           |
| Methionine.....g                         | 0.673                                 |            | 0                     |            | 1           |   | 0.828     | 2.914     |           |
| Cystine.....g                            | 0.257                                 |            | 0                     |            | 1           |   | 0.316     | 1.113     |           |
| Phenylalanine.....g                      | 0.933                                 |            | 0                     |            | 1           |   | 1.148     | 4.040     |           |
| Tyrosine.....g                           | 0.911                                 |            | 0                     |            | 1           |   | 1.121     | 3.945     |           |
| Valine.....g                             | 1.244                                 |            | 0                     |            | 1           |   | 1.530     | 5.387     |           |
| Arginine.....g                           | 1.669                                 |            | 0                     |            | 1           |   | 2.053     | 7.227     |           |
| Histidine.....g                          | 0.722                                 |            | 0                     |            | 1           |   | 0.888     | 3.126     |           |
| Alanine.....g                            | 1.502                                 |            | 0                     |            | 1           |   | 1.847     | 6.504     |           |
| Aspartic acid.....g                      | 2.295                                 |            | 0                     |            | 1           |   | 2.823     | 9.937     |           |
| Glutamic acid.....g                      | 3.813                                 |            | 0                     |            | 1           |   | 4.690     | 16.510    |           |
| Glycine.....g                            | 1.359                                 |            | 0                     |            | 1           |   | 1.672     | 5.884     |           |
| Proline.....g                            | 1.073                                 |            | 0                     |            | 1           |   | 1.320     | 4.646     |           |
| Serine.....g                             | 1.050                                 |            | 0                     |            | 1           |   | 1.292     | 4.547     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05220

Turkey, fryer-roasters, breast, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.130                                 |            | 0                     |            | 1           |   | 0.113     | 0.398     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.017     | 0.061     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1           |   | 0.096     | 0.337     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.200                                 |            | 0                     |            | 1           |   | 0.174     | 0.612     |           |
| 18:2 undifferentiated.....g              | 0.130                                 |            | 0                     |            | 1           |   | 0.113     | 0.398     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1           |   | 0.035     | 0.122     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.009     | 0.031     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.009     | 0.031     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 83                                    | 6.552      | 6                     |            | 1           |   | 72        | 254       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.342                                 |            | 0                     |            | 1           |   | 0.298     | 1.047     |           |
| Threonine.....g                          | 1.337                                 |            | 0                     |            | 1           |   | 1.163     | 4.091     |           |
| Isoleucine.....g                         | 1.563                                 |            | 0                     |            | 1           |   | 1.360     | 4.783     |           |
| Leucine.....g                            | 2.395                                 |            | 0                     |            | 1           |   | 2.084     | 7.329     |           |
| Lysine.....g                             | 2.833                                 |            | 0                     |            | 1           |   | 2.465     | 8.669     |           |
| Methionine.....g                         | 0.871                                 |            | 0                     |            | 1           |   | 0.758     | 2.665     |           |
| Cystine.....g                            | 0.313                                 |            | 0                     |            | 1           |   | 0.272     | 0.958     |           |
| Phenylalanine.....g                      | 1.193                                 |            | 0                     |            | 1           |   | 1.038     | 3.651     |           |
| Tyrosine.....g                           | 1.188                                 |            | 0                     |            | 1           |   | 1.034     | 3.635     |           |
| Valine.....g                             | 1.597                                 |            | 0                     |            | 1           |   | 1.389     | 4.887     |           |
| Arginine.....g                           | 2.097                                 |            | 0                     |            | 1           |   | 1.824     | 6.417     |           |
| Histidine.....g                          | 0.938                                 |            | 0                     |            | 1           |   | 0.816     | 2.870     |           |
| Alanine.....g                            | 1.861                                 |            | 0                     |            | 1           |   | 1.619     | 5.695     |           |
| Aspartic acid.....g                      | 2.920                                 |            | 0                     |            | 1           |   | 2.540     | 8.935     |           |
| Glutamic acid.....g                      | 4.906                                 |            | 0                     |            | 1           |   | 4.268     | 15.012    |           |
| Glycine.....g                            | 1.491                                 |            | 0                     |            | 1           |   | 1.297     | 4.562     |           |
| Proline.....g                            | 1.251                                 |            | 0                     |            | 1           |   | 1.088     | 3.828     |           |
| Serine.....g                             | 1.337                                 |            | 0                     |            | 1           |   | 1.163     | 4.091     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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#### Common Measures:

Measure 1 = 87g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 306g: .5 breast, bone and skin removed

**NDB No. 05220**  
**Turkey, fryer-roasters, breast, meat only, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87                      **Food Group:** 05 Poultry Products  
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NDB No. 05219

Turkey, fryer-roasters, breast, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                             |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.110                                 |            | 0                           |               | 1              |                    | 0.122                              | 0.429     |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.010                                 | 0.003      | 12                          |               | 1              |                    | 0.011                              | 0.039     |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 0.090                                 | 0.016      | 12                          |               | 1              |                    | 0.100                              | 0.351     |           |
| 20:1.....g                               | 0.000                                 | 0.000      | 10                          |               | 1              |                    | 0.000                              | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 | 0.000      | 10                          |               | 1              |                    | 0.000                              | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 0.170                                 |            | 0                           |               | 1              |                    | 0.189                              | 0.663     |           |
| 18:2 undifferentiated.....g              | 0.110                                 | 0.019      | 12                          |               | 1              |                    | 0.122                              | 0.429     |           |
| 18:3 undifferentiated.....g              | 0.000                                 | 0.001      | 12                          |               | 1              |                    | 0.000                              | 0.000     |           |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.030                                 | 0.007      | 11                          |               | 1              |                    | 0.033                              | 0.117     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 | 0.001      | 10                          |               | 1              |                    | 0.011                              | 0.039     |           |
| 22:6 n-3.....g                           | 0.010                                 | 0.003      | 10                          |               | 1              |                    | 0.011                              | 0.039     |           |
| Fatty acids, total trans.....g           | 0.013                                 |            | 0                           | BFFN          | 4              |                    | 0.014                              | 0.050     |           |
| Cholesterol.....mg                       | 62                                    | 1.904      | 6                           |               | 1              |                    | 69                                 | 242       |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Tryptophan.....g                         | 0.279                                 |            | 0                           |               | 1              |                    | 0.310                              | 1.088     |           |
| Threonine.....g                          | 1.094                                 |            | 0                           |               | 1              |                    | 1.214                              | 4.267     |           |
| Isoleucine.....g                         | 1.279                                 |            | 0                           |               | 1              |                    | 1.420                              | 4.988     |           |
| Leucine.....g                            | 1.960                                 |            | 0                           |               | 1              |                    | 2.176                              | 7.644     |           |
| Lysine.....g                             | 2.318                                 |            | 0                           |               | 1              |                    | 2.573                              | 9.040     |           |
| Methionine.....g                         | 0.712                                 |            | 0                           |               | 1              |                    | 0.790                              | 2.777     |           |
| Cystine.....g                            | 0.256                                 |            | 0                           |               | 1              |                    | 0.284                              | 0.998     |           |
| Phenylalanine.....g                      | 0.976                                 |            | 0                           |               | 1              |                    | 1.083                              | 3.806     |           |
| Tyrosine.....g                           | 0.972                                 |            | 0                           |               | 1              |                    | 1.079                              | 3.791     |           |
| Valine.....g                             | 1.307                                 |            | 0                           |               | 1              |                    | 1.451                              | 5.097     |           |
| Arginine.....g                           | 1.716                                 |            | 0                           |               | 1              |                    | 1.905                              | 6.692     |           |
| Histidine.....g                          | 0.768                                 |            | 0                           |               | 1              |                    | 0.852                              | 2.995     |           |
| Alanine.....g                            | 1.523                                 |            | 0                           |               | 1              |                    | 1.691                              | 5.940     |           |
| Aspartic acid.....g                      | 2.389                                 |            | 0                           |               | 1              |                    | 2.652                              | 9.317     |           |
| Glutamic acid.....g                      | 4.015                                 |            | 0                           |               | 1              |                    | 4.457                              | 15.659    |           |
| Glycine.....g                            | 1.220                                 |            | 0                           |               | 1              |                    | 1.354                              | 4.758     |           |
| Proline.....g                            | 1.023                                 |            | 0                           |               | 1              |                    | 1.136                              | 3.990     |           |
| Serine.....g                             | 1.094                                 |            | 0                           |               | 1              |                    | 1.214                              | 4.267     |           |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |           |
| <b>Others:</b>                           |                                       |            |                             |               |                |                    |                                    |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                           | Z             | 7              |                    | 0.0                                | 0.0       |           |
| Caffeine.....mg                          |                                       |            |                             |               |                |                    |                                    |           |           |
| Theobromine.....mg                       |                                       |            |                             |               |                |                    |                                    |           |           |

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**Common Measures:**

Measure 1 = 111g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 390g: .5 breast, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05208

Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.270                                 |            | 0              |            | 1           |   | 2.406     | 8.490     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.370                                 |            | 0              |            | 1           |   | 0.392     | 1.384     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.850                                 |            | 0              |            | 1           |   | 1.961     | 6.919     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.011     | 0.037     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.011     | 0.037     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.880                                 |            | 0              |            | 1           |   | 1.993     | 7.031     |           |
| 18:2 undifferentiated.....g              | 1.590                                 |            | 0              |            | 1           |   | 1.685     | 5.947     |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0              |            | 1           |   | 0.095     | 0.337     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0              |            | 1           |   | 0.148     | 0.524     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.021     | 0.075     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.032     | 0.112     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 117                                   | 6.123      | 6              |            | 1           |   | 124       | 438       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.304                                 |            | 0              |            | 1           |   | 0.322     | 1.137     |           |
| Threonine.....g                          | 1.205                                 |            | 0              |            | 1           |   | 1.277     | 4.507     |           |
| Isoleucine.....g                         | 1.380                                 |            | 0              |            | 1           |   | 1.463     | 5.161     |           |
| Leucine.....g                            | 2.143                                 |            | 0              |            | 1           |   | 2.272     | 8.015     |           |
| Lysine.....g                             | 2.505                                 |            | 0              |            | 1           |   | 2.655     | 9.369     |           |
| Methionine.....g                         | 0.775                                 |            | 0              |            | 1           |   | 0.822     | 2.899     |           |
| Cystine.....g                            | 0.307                                 |            | 0              |            | 1           |   | 0.325     | 1.148     |           |
| Phenylalanine.....g                      | 1.081                                 |            | 0              |            | 1           |   | 1.146     | 4.043     |           |
| Tyrosine.....g                           | 1.043                                 |            | 0              |            | 1           |   | 1.106     | 3.901     |           |
| Valine.....g                             | 1.437                                 |            | 0              |            | 1           |   | 1.523     | 5.374     |           |
| Arginine.....g                           | 1.954                                 |            | 0              |            | 1           |   | 2.071     | 7.308     |           |
| Histidine.....g                          | 0.828                                 |            | 0              |            | 1           |   | 0.878     | 3.097     |           |
| Alanine.....g                            | 1.772                                 |            | 0              |            | 1           |   | 1.878     | 6.627     |           |
| Aspartic acid.....g                      | 2.666                                 |            | 0              |            | 1           |   | 2.826     | 9.971     |           |
| Glutamic acid.....g                      | 4.401                                 |            | 0              |            | 1           |   | 4.665     | 16.460    |           |
| Glycine.....g                            | 1.705                                 |            | 0              |            | 1           |   | 1.807     | 6.377     |           |
| Proline.....g                            | 1.308                                 |            | 0              |            | 1           |   | 1.386     | 4.892     |           |
| Serine.....g                             | 1.220                                 |            | 0              |            | 1           |   | 1.293     | 4.563     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05207

Turkey, fryer-roasters, dark meat, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.550                                 |            | 0                     |            | 1           |   | 2.341     | 8.246     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.250                                 |            | 0                     |            | 1           |   | 0.378     | 1.330     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.260                                 |            | 0                     |            | 1           |   | 1.903     | 6.703     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.053     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.053     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.270                                 |            | 0                     |            | 1           |   | 1.918     | 6.756     |           |
| 18:2 undifferentiated.....g              | 1.080                                 |            | 0                     |            | 1           |   | 1.631     | 5.746     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1           |   | 0.091     | 0.319     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1           |   | 0.136     | 0.479     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.015     | 0.053     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.030     | 0.106     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 87                                    | 2.221      | 6                     |            | 1           |   | 131       | 463       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.222                                 |            | 0                     |            | 1           |   | 0.335     | 1.181     |           |
| Threonine.....g                          | 0.878                                 |            | 0                     |            | 1           |   | 1.326     | 4.671     |           |
| Isoleucine.....g                         | 1.011                                 |            | 0                     |            | 1           |   | 1.527     | 5.379     |           |
| Leucine.....g                            | 1.564                                 |            | 0                     |            | 1           |   | 2.362     | 8.320     |           |
| Lysine.....g                             | 1.834                                 |            | 0                     |            | 1           |   | 2.769     | 9.757     |           |
| Methionine.....g                         | 0.566                                 |            | 0                     |            | 1           |   | 0.855     | 3.011     |           |
| Cystine.....g                            | 0.219                                 |            | 0                     |            | 1           |   | 0.331     | 1.165     |           |
| Phenylalanine.....g                      | 0.786                                 |            | 0                     |            | 1           |   | 1.187     | 4.182     |           |
| Tyrosine.....g                           | 0.765                                 |            | 0                     |            | 1           |   | 1.155     | 4.070     |           |
| Valine.....g                             | 1.048                                 |            | 0                     |            | 1           |   | 1.582     | 5.575     |           |
| Arginine.....g                           | 1.412                                 |            | 0                     |            | 1           |   | 2.132     | 7.512     |           |
| Histidine.....g                          | 0.606                                 |            | 0                     |            | 1           |   | 0.915     | 3.224     |           |
| Alanine.....g                            | 1.274                                 |            | 0                     |            | 1           |   | 1.924     | 6.778     |           |
| Aspartic acid.....g                      | 1.936                                 |            | 0                     |            | 1           |   | 2.923     | 10.300    |           |
| Glutamic acid.....g                      | 3.211                                 |            | 0                     |            | 1           |   | 4.849     | 17.083    |           |
| Glycine.....g                            | 1.175                                 |            | 0                     |            | 1           |   | 1.774     | 6.251     |           |
| Proline.....g                            | 0.919                                 |            | 0                     |            | 1           |   | 1.388     | 4.889     |           |
| Serine.....g                             | 0.886                                 |            | 0                     |            | 1           |   | 1.338     | 4.714     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 151g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 532g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, dark meat, meat only, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
|                                       |                                       |            |                |            | Confidence Code                                     |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 66.39                                 | 0.256      | 6              |            | 1   | 92.95     | 60.41     |           |
| Energy.....kcal                       | 162                                   |            | 0              | NC         | 4   | 227       | 147       |           |
| Energy.....kj                         | 678                                   |            |                |            | 4   | 949       | 617       |           |
| Protein (N x 6.25).....g              | 28.84                                 | 0.304      | 6              |            | 1   | 40.38     | 26.24     |           |
| Total lipid (fat).....g               | 4.31                                  | 0.263      | 6              |            | 1   | 6.03      | 3.92      |           |
| Ash.....g                             | 0.98                                  | 0.020      | 6              |            | 1   | 1.37      | 0.89      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 26                                    | 1.611      | 6              |            | 1   | 36        | 24        |           |
| Iron, Fe.....mg                       | 2.41                                  | 0.181      | 6              |            | 1   | 3.37      | 2.19      |           |
| Magnesium, Mg.....mg                  | 24                                    | 0.180      | 6              |            | 1   | 34        | 22        |           |
| Phosphorus, P.....mg                  | 196                                   | 3.964      | 6              |            | 1   | 274       | 178       |           |
| Potassium, K.....mg                   | 246                                   | 1.897      | 6              |            | 1   | 344       | 224       |           |
| Sodium, Na.....mg                     | 79                                    | 2.835      | 6              |            | 1   | 111       | 72        |           |
| Zinc, Zn.....mg                       | 4.13                                  |            | 2              |            | 1   | 5.78      | 3.76      |           |
| Copper, Cu.....mg                     | 0.223                                 |            | 2              |            | 1   | 0.312     | 0.203     |           |
| Manganese, Mn.....mg                  | 0.025                                 |            | 2              |            | 1   | 0.035     | 0.023     |           |
| Selenium, Se.....mcg                  | 40.9                                  | 4.175      | 16             | A          | 1   | 57.3      | 37.2      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.051                                 | 0.004      | 6              |            | 1   | 0.071     | 0.046     |           |
| Riboflavin.....mg                     | 0.248                                 | 0.016      | 6              |            | 1   | 0.347     | 0.226     |           |
| Niacin.....mg                         | 3.471                                 | 0.086      | 6              |            | 1   | 4.859     | 3.159     |           |
| Pantothenic acid.....mg               | 1.353                                 |            | 0              |            | 1   | 1.894     | 1.231     |           |
| Vitamin B-6.....mg                    | 0.380                                 |            | 0              |            | 1   | 0.532     | 0.346     |           |
| Folate, total.....mcg                 | 10                                    |            | 0              |            | 1   | 14        | 9         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 10                                    |            | 0              |            | 1   | 14        | 9         |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0              | NC         | 4   | 14        | 9         |           |
| Vitamin B-12.....mcg                  | 0.39                                  |            | 0              |            | 1   | 0.55      | 0.35      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.450                                 |            | 0              |            | 1   | 2.030     | 1.320     |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1   | 0.014     | 0.009     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.030                                 |            | 0              |            | 1   | 0.042     | 0.027     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 0.760                                 |            | 0              |            | 1   | 1.064     | 0.692     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 0.430                                 |            | 0              |            | 1   | 0.602     | 0.391     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05212

Turkey, fryer-roasters, dark meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.980                                 |            | 0                     |            | 1   |                 | 1.372     | 0.892     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.140                                 |            | 0                     |            | 1   |                 | 0.196     | 0.127     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 0.810                                 |            | 0                     |            | 1   |                 | 1.134     | 0.737     |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.018     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.014     | 0.009     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.290                                 |            | 0                     |            | 1   |                 | 1.806     | 1.174     |           |
| 18:2 undifferentiated.....g              | 1.050                                 |            | 0                     |            | 1   |                 | 1.470     | 0.956     |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1   |                 | 0.056     | 0.036     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0                     |            | 1   |                 | 0.210     | 0.137     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.018     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.042     | 0.027     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 112                                   | 6.024      | 6                     |            | 1   |                 | 157       | 102       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.328                                 |            | 0                     |            | 1   |                 | 0.459     | 0.298     |           |
| Threonine.....g                          | 1.283                                 |            | 0                     |            | 1   |                 | 1.796     | 1.168     |           |
| Isoleucine.....g                         | 1.500                                 |            | 0                     |            | 1   |                 | 2.100     | 1.365     |           |
| Leucine.....g                            | 2.298                                 |            | 0                     |            | 1   |                 | 3.217     | 2.091     |           |
| Lysine.....g                             | 2.718                                 |            | 0                     |            | 1   |                 | 3.805     | 2.473     |           |
| Methionine.....g                         | 0.835                                 |            | 0                     |            | 1   |                 | 1.169     | 0.760     |           |
| Cystine.....g                            | 0.300                                 |            | 0                     |            | 1   |                 | 0.420     | 0.273     |           |
| Phenylalanine.....g                      | 1.145                                 |            | 0                     |            | 1   |                 | 1.603     | 1.042     |           |
| Tyrosine.....g                           | 1.140                                 |            | 0                     |            | 1   |                 | 1.596     | 1.037     |           |
| Valine.....g                             | 1.532                                 |            | 0                     |            | 1   |                 | 2.145     | 1.394     |           |
| Arginine.....g                           | 2.012                                 |            | 0                     |            | 1   |                 | 2.817     | 1.831     |           |
| Histidine.....g                          | 0.900                                 |            | 0                     |            | 1   |                 | 1.260     | 0.819     |           |
| Alanine.....g                            | 1.786                                 |            | 0                     |            | 1   |                 | 2.500     | 1.625     |           |
| Aspartic acid.....g                      | 2.801                                 |            | 0                     |            | 1   |                 | 3.921     | 2.549     |           |
| Glutamic acid.....g                      | 4.707                                 |            | 0                     |            | 1   |                 | 6.590     | 4.283     |           |
| Glycine.....g                            | 1.431                                 |            | 0                     |            | 1   |                 | 2.003     | 1.302     |           |
| Proline.....g                            | 1.200                                 |            | 0                     |            | 1   |                 | 1.680     | 1.092     |           |
| Serine.....g                             | 1.283                                 |            | 0                     |            | 1   |                 | 1.796     | 1.168     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05211

Turkey, fryer-roasters, dark meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.610                                 |            | 0                     |            | 1           |   | 0.830     | 2.922     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.090                                 | 0.020      | 8                     |            | 1           |   | 0.122     | 0.431     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.500                                 | 0.041      | 8                     |            | 1           |   | 0.680     | 2.395     |           |
| 20:1.....g                               | 0.010                                 | 0.001      | 7                     |            | 1           |   | 0.014     | 0.048     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.001      | 7                     |            | 1           |   | 0.014     | 0.048     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.800                                 |            | 0                     |            | 1           |   | 1.088     | 3.832     |           |
| 18:2 undifferentiated.....g              | 0.650                                 | 0.050      | 8                     |            | 1           |   | 0.884     | 3.114     |           |
| 18:3 undifferentiated.....g              | 0.020                                 | 0.007      | 8                     |            | 1           |   | 0.027     | 0.096     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 | 0.015      | 8                     |            | 1           |   | 0.122     | 0.431     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 | 0.003      | 7                     |            | 1           |   | 0.014     | 0.048     |           |
| 22:6 n-3.....g                           | 0.020                                 | 0.011      | 7                     |            | 1           |   | 0.027     | 0.096     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 81                                    | 2.500      | 6                     |            | 1           |   | 110       | 388       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.232                                 |            | 0                     |            | 1           |   | 0.316     | 1.111     |           |
| Threonine.....g                          | 0.910                                 |            | 0                     |            | 1           |   | 1.238     | 4.359     |           |
| Isoleucine.....g                         | 1.064                                 |            | 0                     |            | 1           |   | 1.447     | 5.097     |           |
| Leucine.....g                            | 1.630                                 |            | 0                     |            | 1           |   | 2.217     | 7.808     |           |
| Lysine.....g                             | 1.928                                 |            | 0                     |            | 1           |   | 2.622     | 9.235     |           |
| Methionine.....g                         | 0.592                                 |            | 0                     |            | 1           |   | 0.805     | 2.836     |           |
| Cystine.....g                            | 0.213                                 |            | 0                     |            | 1           |   | 0.290     | 1.020     |           |
| Phenylalanine.....g                      | 0.812                                 |            | 0                     |            | 1           |   | 1.104     | 3.889     |           |
| Tyrosine.....g                           | 0.808                                 |            | 0                     |            | 1           |   | 1.099     | 3.870     |           |
| Valine.....g                             | 1.087                                 |            | 0                     |            | 1           |   | 1.478     | 5.207     |           |
| Arginine.....g                           | 1.427                                 |            | 0                     |            | 1           |   | 1.941     | 6.835     |           |
| Histidine.....g                          | 0.638                                 |            | 0                     |            | 1           |   | 0.868     | 3.056     |           |
| Alanine.....g                            | 1.267                                 |            | 0                     |            | 1           |   | 1.723     | 6.069     |           |
| Aspartic acid.....g                      | 1.987                                 |            | 0                     |            | 1           |   | 2.702     | 9.518     |           |
| Glutamic acid.....g                      | 3.338                                 |            | 0                     |            | 1           |   | 4.540     | 15.989    |           |
| Glycine.....g                            | 1.015                                 |            | 0                     |            | 1           |   | 1.380     | 4.862     |           |
| Proline.....g                            | 0.851                                 |            | 0                     |            | 1           |   | 1.157     | 4.076     |           |
| Serine.....g                             | 0.910                                 |            | 0                     |            | 1           |   | 1.238     | 4.359     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 479g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05222

Turkey, fryer-roasters, leg, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 1.610                                 |            | 0                           |               | 1              |                    | 1.127                              | 3.945     |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.260                                 |            | 0                           |               | 1              |                    | 0.182                              | 0.637     |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 1.320                                 |            | 0                           |               | 1              |                    | 0.924                              | 3.234     |           |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1              |                    | 0.007                              | 0.025     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.007                              | 0.025     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 1.480                                 |            | 0                           |               | 1              |                    | 1.036                              | 3.626     |           |
| 18:2 undifferentiated.....g              | 1.240                                 |            | 0                           |               | 1              |                    | 0.868                              | 3.038     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0                           |               | 1              |                    | 0.042                              | 0.147     |           |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.130                                 |            | 0                           |               | 1              |                    | 0.091                              | 0.319     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.049     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                           |               | 1              |                    | 0.021                              | 0.074     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 70                                    | 1.473      | 6                           |               | 1              |                    | 49                                 | 172       |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Tryptophan.....g                         | 0.318                                 |            | 0                           |               | 1              |                    | 0.223                              | 0.779     |           |
| Threonine.....g                          | 1.252                                 |            | 0                           |               | 1              |                    | 0.876                              | 3.067     |           |
| Isoleucine.....g                         | 1.447                                 |            | 0                           |               | 1              |                    | 1.013                              | 3.545     |           |
| Leucine.....g                            | 2.234                                 |            | 0                           |               | 1              |                    | 1.564                              | 5.473     |           |
| Lysine.....g                             | 2.625                                 |            | 0                           |               | 1              |                    | 1.838                              | 6.431     |           |
| Methionine.....g                         | 0.809                                 |            | 0                           |               | 1              |                    | 0.566                              | 1.982     |           |
| Cystine.....g                            | 0.307                                 |            | 0                           |               | 1              |                    | 0.215                              | 0.752     |           |
| Phenylalanine.....g                      | 1.120                                 |            | 0                           |               | 1              |                    | 0.784                              | 2.744     |           |
| Tyrosine.....g                           | 1.097                                 |            | 0                           |               | 1              |                    | 0.768                              | 2.688     |           |
| Valine.....g                             | 1.494                                 |            | 0                           |               | 1              |                    | 1.046                              | 3.660     |           |
| Arginine.....g                           | 2.001                                 |            | 0                           |               | 1              |                    | 1.401                              | 4.902     |           |
| Histidine.....g                          | 0.868                                 |            | 0                           |               | 1              |                    | 0.608                              | 2.127     |           |
| Alanine.....g                            | 1.798                                 |            | 0                           |               | 1              |                    | 1.259                              | 4.405     |           |
| Aspartic acid.....g                      | 2.754                                 |            | 0                           |               | 1              |                    | 1.928                              | 6.747     |           |
| Glutamic acid.....g                      | 4.582                                 |            | 0                           |               | 1              |                    | 3.207                              | 11.226    |           |
| Glycine.....g                            | 1.606                                 |            | 0                           |               | 1              |                    | 1.124                              | 3.935     |           |
| Proline.....g                            | 1.276                                 |            | 0                           |               | 1              |                    | 0.893                              | 3.126     |           |
| Serine.....g                             | 1.261                                 |            | 0                           |               | 1              |                    | 0.883                              | 3.089     |           |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |           |

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

#### Common Measures:

Measure 1 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 245g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Turkey, fryer-roasters, leg, meat and skin, raw

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |                 | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|-----------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |                 |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code      | Source Code   |           |           |           |
|                                       |                                       |            |                | Confidence Code |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |                 |   |           |           |           |
| Water.....g                           | 75.61                                 | 0.187      | 6              |                 | 1   | 74.85     | 263.88    |           |
| Energy.....kcal                       | 118                                   |            | 0              | NC              | 4   | 117       | 412       |           |
| Energy.....kj                         | 494                                   |            |                |                 | 4   | 489       | 1723      |           |
| Protein (N x 6.25).....g              | 20.13                                 | 0.089      | 6              |                 | 1   | 19.93     | 70.25     |           |
| Total lipid (fat).....g               | 3.57                                  | 0.165      | 6              |                 | 1   | 3.53      | 12.46     |           |
| Ash.....g                             | 0.88                                  | 0.001      | 6              |                 | 1   | 0.87      | 3.07      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z               | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z               | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |                 |   |           |           |           |
| Starch.....g                          |                                       |            |                |                 |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |                 |   |           |           |           |
| Calcium, Ca.....mg                    | 11                                    | 0.596      | 6              |                 | 1   | 11        | 38        |           |
| Iron, Fe.....mg                       | 1.74                                  | 0.076      | 6              |                 | 1   | 1.72      | 6.07      |           |
| Magnesium, Mg.....mg                  | 21                                    | 0.059      | 6              |                 | 1   | 21        | 73        |           |
| Phosphorus, P.....mg                  | 168                                   | 1.367      | 6              |                 | 1   | 166       | 586       |           |
| Potassium, K.....mg                   | 246                                   | 4.363      | 6              |                 | 1   | 244       | 859       |           |
| Sodium, Na.....mg                     | 69                                    | 1.232      | 6              |                 | 1   | 68        | 241       |           |
| Zinc, Zn.....mg                       | 2.90                                  |            | 2              |                 | 1   | 2.87      | 10.12     |           |
| Copper, Cu.....mg                     | 0.167                                 |            | 2              |                 | 1   | 0.165     | 0.583     |           |
| Manganese, Mn.....mg                  | 0.026                                 |            | 2              |                 | 1   | 0.026     | 0.091     |           |
| Selenium, Se.....mcg                  | 27.8                                  |            | 0              | PAK             | 1   | 27.5      | 97.0      |           |
| <b>Vitamins:</b>                      |                                       |            |                |                 |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z               | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.048                                 | 0.004      | 6              |                 | 1   | 0.048     | 0.168     |           |
| Riboflavin.....mg                     | 0.203                                 | 0.006      | 6              |                 | 1   | 0.201     | 0.708     |           |
| Niacin.....mg                         | 2.621                                 | 0.113      | 6              |                 | 1   | 2.595     | 9.147     |           |
| Pantothenic acid.....mg               | 1.120                                 |            | 0              |                 | 1   | 1.109     | 3.909     |           |
| Vitamin B-6.....mg                    | 0.350                                 |            | 0              |                 | 1   | 0.347     | 1.222     |           |
| Folate, total.....mcg                 | 10                                    |            | 0              |                 | 1   | 10        | 35        |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z               | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 10                                    |            | 0              |                 | 1   | 10        | 35        |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0              | NC              | 4   | 10        | 35        |           |
| Vitamin B-12.....mcg                  | 0.40                                  |            | 0              |                 | 1   | 0.40      | 1.40      |           |
| Vitamin A, IU.....IU                  | 2                                     |            | 2              |                 | 1   | 2         | 7         |           |
| Vitamin A, RAE.....mcg_RAE            | 1                                     |            | 2              |                 | 1   | 1         | 2         |           |
| Retinol.....mcg                       | 1                                     |            | 2              |                 | 1   | 1         | 2         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |                 |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |                 |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |                 |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |                 |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |                 |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |                 |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |                 |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.100                                 |            | 0              |                 | 1   | 1.089     | 3.839     |           |
| 4:0.....g                             |                                       |            |                |                 |   |           |           |           |
| 6:0.....g                             |                                       |            |                |                 |   |           |           |           |
| 8:0.....g                             |                                       |            |                |                 |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |                 | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0              |                 | 1   | 0.010     | 0.035     |           |
| 13:0.....g                            |                                       |            |                |                 |   |           |           |           |
| 14:0.....g                            | 0.020                                 |            | 0              |                 | 1   | 0.020     | 0.070     |           |
| 15:0.....g                            |                                       |            |                |                 |   |           |           |           |
| 16:0.....g                            | 0.650                                 |            | 0              |                 | 1   | 0.644     | 2.269     |           |
| 17:0.....g                            |                                       |            |                |                 |   |           |           |           |
| 18:0.....g                            | 0.290                                 |            | 0              |                 | 1   | 0.287     | 1.012     |           |
| 20:0.....g                            |                                       |            |                |                 |   |           |           |           |
| 22:0.....g                            |                                       |            |                |                 |   |           |           |           |
| 24:0.....g                            |                                       |            |                |                 |   |           |           |           |

NDB No. 05221

Turkey, fryer-roasters, leg, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                          |               |                | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|--------------------------|---------------|----------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code                                  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.080                                 |            | 0                        |               | 1              |   | 1.069     | 3.769     |           |
| 14:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 15:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.170                                 |            | 0                        |               | 1              |   | 0.168     | 0.593     |           |
| 17:1.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.880                                 |            | 0                        |               | 1              |   | 0.871     | 3.071     |           |
| 20:1.....g                               | 0.010                                 |            | 0                        |               | 1              |   | 0.010     | 0.035     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                        |               | 1              |   | 0.010     | 0.035     |           |
| 24:1 c.....g                             |                                       |            |                          |               |                |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.970                                 |            | 0                        |               | 1              |   | 0.960     | 3.385     |           |
| 18:2 undifferentiated.....g              | 0.820                                 |            | 0                        |               | 1              |   | 0.812     | 2.862     |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                        |               | 1              |   | 0.040     | 0.140     |           |
| 18:4.....g                               |                                       |            |                          |               |                |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                          |               |                |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                          |               |                |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0                        |               | 1              |   | 0.079     | 0.279     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                        |               | 4              |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                        |               | 1              |   | 0.010     | 0.035     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                        |               | 1              |   | 0.020     | 0.070     |           |
| Fatty acids, total trans.....g           |                                       |            |                          |               |                |   |           |           |           |
| Cholesterol.....mg                       | 87                                    | 2.286      | 6                        |               | 1              |   | 86        | 304       |           |
| Phytosterols.....mg                      |                                       |            |                          |               |                |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                          |               |                |   |           |           |           |
| Tryptophan.....g                         | 0.225                                 |            | 0                        |               | 1              |   | 0.223     | 0.785     |           |
| Threonine.....g                          | 0.887                                 |            | 0                        |               | 1              |   | 0.878     | 3.096     |           |
| Isoleucine.....g                         | 1.027                                 |            | 0                        |               | 1              |   | 1.017     | 3.584     |           |
| Leucine.....g                            | 1.584                                 |            | 0                        |               | 1              |   | 1.568     | 5.528     |           |
| Lysine.....g                             | 1.864                                 |            | 0                        |               | 1              |   | 1.845     | 6.505     |           |
| Methionine.....g                         | 0.574                                 |            | 0                        |               | 1              |   | 0.568     | 2.003     |           |
| Cystine.....g                            | 0.215                                 |            | 0                        |               | 1              |   | 0.213     | 0.750     |           |
| Phenylalanine.....g                      | 0.793                                 |            | 0                        |               | 1              |   | 0.785     | 2.768     |           |
| Tyrosine.....g                           | 0.779                                 |            | 0                        |               | 1              |   | 0.771     | 2.719     |           |
| Valine.....g                             | 1.059                                 |            | 0                        |               | 1              |   | 1.048     | 3.696     |           |
| Arginine.....g                           | 1.412                                 |            | 0                        |               | 1              |   | 1.398     | 4.928     |           |
| Histidine.....g                          | 0.616                                 |            | 0                        |               | 1              |   | 0.610     | 2.150     |           |
| Alanine.....g                            | 1.265                                 |            | 0                        |               | 1              |   | 1.252     | 4.415     |           |
| Aspartic acid.....g                      | 1.948                                 |            | 0                        |               | 1              |   | 1.929     | 6.799     |           |
| Glutamic acid.....g                      | 3.248                                 |            | 0                        |               | 1              |   | 3.216     | 11.336    |           |
| Glycine.....g                            | 1.106                                 |            | 0                        |               | 1              |   | 1.095     | 3.860     |           |
| Proline.....g                            | 0.888                                 |            | 0                        |               | 1              |   | 0.879     | 3.099     |           |
| Serine.....g                             | 0.892                                 |            | 0                        |               | 1              |   | 0.883     | 3.113     |           |
| Hydroxyproline.....g                     |                                       |            |                          |               |                |   |           |           |           |

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

#### Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 349g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05224

Turkey, fryer-roasters, leg, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.860                                 |            | 0                     |            | 1           |   | 0.550     | 1.926     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.130                                 |            | 0                     |            | 1           |   | 0.083     | 0.291     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.710                                 |            | 0                     |            | 1           |   | 0.454     | 1.590     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.006     | 0.022     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.006     | 0.022     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.130                                 |            | 0                     |            | 1           |   | 0.723     | 2.531     |           |
| 18:2 undifferentiated.....g              | 0.920                                 |            | 0                     |            | 1           |   | 0.589     | 2.061     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0                     |            | 1           |   | 0.019     | 0.067     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.130                                 |            | 0                     |            | 1           |   | 0.083     | 0.291     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.013     | 0.045     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1           |   | 0.019     | 0.067     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 119                                   | 7.529      | 6                     |            | 1           |   | 76        | 267       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.332                                 |            | 0                     |            | 1           |   | 0.212     | 0.744     |           |
| Threonine.....g                          | 1.298                                 |            | 0                     |            | 1           |   | 0.831     | 2.908     |           |
| Isoleucine.....g                         | 1.518                                 |            | 0                     |            | 1           |   | 0.972     | 3.400     |           |
| Leucine.....g                            | 2.326                                 |            | 0                     |            | 1           |   | 1.489     | 5.210     |           |
| Lysine.....g                             | 2.751                                 |            | 0                     |            | 1           |   | 1.761     | 6.162     |           |
| Methionine.....g                         | 0.845                                 |            | 0                     |            | 1           |   | 0.541     | 1.893     |           |
| Cystine.....g                            | 0.304                                 |            | 0                     |            | 1           |   | 0.195     | 0.681     |           |
| Phenylalanine.....g                      | 1.158                                 |            | 0                     |            | 1           |   | 0.741     | 2.594     |           |
| Tyrosine.....g                           | 1.153                                 |            | 0                     |            | 1           |   | 0.738     | 2.583     |           |
| Valine.....g                             | 1.550                                 |            | 0                     |            | 1           |   | 0.992     | 3.472     |           |
| Arginine.....g                           | 2.036                                 |            | 0                     |            | 1           |   | 1.303     | 4.561     |           |
| Histidine.....g                          | 0.911                                 |            | 0                     |            | 1           |   | 0.583     | 2.041     |           |
| Alanine.....g                            | 1.807                                 |            | 0                     |            | 1           |   | 1.156     | 4.048     |           |
| Aspartic acid.....g                      | 2.835                                 |            | 0                     |            | 1           |   | 1.814     | 6.350     |           |
| Glutamic acid.....g                      | 4.763                                 |            | 0                     |            | 1           |   | 3.048     | 10.669    |           |
| Glycine.....g                            | 1.448                                 |            | 0                     |            | 1           |   | 0.927     | 3.244     |           |
| Proline.....g                            | 1.214                                 |            | 0                     |            | 1           |   | 0.777     | 2.719     |           |
| Serine.....g                             | 1.298                                 |            | 0                     |            | 1           |   | 0.831     | 2.908     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 224g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, leg, meat only, raw**

**Refuse:** 28% 23% bone, 5% skin

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |   | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code |   |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |   |                 |           |           |           |
| Water.....g                           | 76.62                                 | 0.112      | 7              |            | 1 |   |                 | 71.26     | 252.08    |           |
| Energy.....kcal                       | 108                                   |            | 0              | NC         | 4 |   |                 | 100       | 355       |           |
| Energy.....kj                         | 452                                   |            |                |            | 4 |   |                 | 420       | 1487      |           |
| Protein (N x 6.25).....g              | 20.35                                 | 0.108      | 6              |            | 1 |   |                 | 18.93     | 66.95     |           |
| Total lipid (fat).....g               | 2.37                                  | 0.191      | 8              |            | 1 |   |                 | 2.20      | 7.80      |           |
| Ash.....g                             | 0.90                                  | 0.001      | 6              |            | 1 |   |                 | 0.84      | 2.96      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7 |   |                 | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7 |   |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 10                                    | 0.629      | 6              |            | 1 |   |                 | 9         | 33        |           |
| Iron, Fe.....mg                       | 1.77                                  | 0.078      | 6              |            | 1 |   |                 | 1.65      | 5.82      |           |
| Magnesium, Mg.....mg                  | 22                                    | 0.072      | 6              |            | 1 |   |                 | 20        | 72        |           |
| Phosphorus, P.....mg                  | 172                                   | 1.406      | 6              |            | 1 |   |                 | 160       | 566       |           |
| Potassium, K.....mg                   | 254                                   | 4.553      | 6              |            | 1 |   |                 | 236       | 836       |           |
| Sodium, Na.....mg                     | 71                                    | 1.339      | 6              |            | 1 |   |                 | 66        | 234       |           |
| Zinc, Zn.....mg                       | 2.98                                  |            | 2              |            | 1 |   |                 | 2.77      | 9.80      |           |
| Copper, Cu.....mg                     | 0.143                                 | 0.012      | 75             |            | 1 |   |                 | 0.133     | 0.470     |           |
| Manganese, Mn.....mg                  | 0.027                                 |            | 2              |            | 1 |   |                 | 0.025     | 0.089     |           |
| Selenium, Se.....mcg                  | 28.6                                  |            | 0              | BFZN       | 4 |   |                 | 26.6      | 94.1      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7 |   |                 | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.050                                 | 0.004      | 6              |            | 1 |   |                 | 0.047     | 0.165     |           |
| Riboflavin.....mg                     | 0.210                                 | 0.006      | 6              |            | 1 |   |                 | 0.195     | 0.691     |           |
| Niacin.....mg                         | 2.675                                 | 0.110      | 6              |            | 1 |   |                 | 2.488     | 8.801     |           |
| Pantothenic acid.....mg               | 1.169                                 |            | 0              |            | 1 |   |                 | 1.087     | 3.846     |           |
| Vitamin B-6.....mg                    | 0.370                                 |            | 0              |            | 1 |   |                 | 0.344     | 1.217     |           |
| Folate, total.....mcg                 | 11                                    |            | 0              |            | 1 |   |                 | 10        | 36        |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7 |   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 11                                    |            | 0              |            | 1 |   |                 | 10        | 36        |           |
| Folate, DFE.....mcg_DFE               | 11                                    |            | 0              | NC         | 4 |   |                 | 10        | 36        |           |
| Vitamin B-12.....mcg                  | 0.41                                  |            | 0              |            | 1 |   |                 | 0.38      | 1.35      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 1 |   |                 | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              |            | 1 |   |                 | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0              |            | 1 |   |                 | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 0.800                                 |            | 0              |            | 1 |   |                 | 0.744     | 2.632     |           |
| 4:0.....g                             |                                       |            |                |            |   |   |                 |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |   |                 |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |   |                 |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4 |   |                 | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 | 0.001      | 6              |            | 1 |   |                 | 0.009     | 0.033     |           |
| 13:0.....g                            |                                       |            |                |            |   |   |                 |           |           |           |
| 14:0.....g                            | 0.020                                 | 0.003      | 8              |            | 1 |   |                 | 0.019     | 0.066     |           |
| 15:0.....g                            |                                       |            |                |            |   |   |                 |           |           |           |
| 16:0.....g                            | 0.420                                 | 0.046      | 8              |            | 1 |   |                 | 0.391     | 1.382     |           |
| 17:0.....g                            |                                       |            |                |            |   |   |                 |           |           |           |
| 18:0.....g                            | 0.240                                 | 0.025      | 8              |            | 1 |   |                 | 0.223     | 0.790     |           |
| 20:0.....g                            |                                       |            |                |            |   |   |                 |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |   |                 |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |   |                 |           |           |           |



NDB No. 05223

Turkey, fryer-roasters, leg, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.540                                 |            | 0              |            | 1           |   | 0.502     | 1.777     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 | 0.019      | 8              |            | 1           |   | 0.074     | 0.263     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.440                                 | 0.049      | 8              |            | 1           |   | 0.409     | 1.448     |           |
| 20:1.....g                               | 0.010                                 | 0.001      | 7              |            | 1           |   | 0.009     | 0.033     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.001      | 7              |            | 1           |   | 0.009     | 0.033     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.710                                 |            | 0              |            | 1           |   | 0.660     | 2.336     |           |
| 18:2 undifferentiated.....g              | 0.570                                 | 0.062      | 8              |            | 1           |   | 0.530     | 1.875     |           |
| 18:3 undifferentiated.....g              | 0.020                                 | 0.007      | 8              |            | 1           |   | 0.019     | 0.066     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 | 0.015      | 8              |            | 1           |   | 0.074     | 0.263     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 | 0.003      | 7              |            | 1           |   | 0.009     | 0.033     |           |
| 22:6 n-3.....g                           | 0.020                                 | 0.010      | 7              |            | 1           |   | 0.019     | 0.066     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 84                                    | 2.454      | 6              |            | 1           |   | 78        | 276       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.231                                 |            | 0              |            | 1           |   | 0.215     | 0.760     |           |
| Threonine.....g                          | 0.905                                 |            | 0              |            | 1           |   | 0.842     | 2.977     |           |
| Isoleucine.....g                         | 1.058                                 |            | 0              |            | 1           |   | 0.984     | 3.481     |           |
| Leucine.....g                            | 1.621                                 |            | 0              |            | 1           |   | 1.508     | 5.333     |           |
| Lysine.....g                             | 1.918                                 |            | 0              |            | 1           |   | 1.784     | 6.310     |           |
| Methionine.....g                         | 0.589                                 |            | 0              |            | 1           |   | 0.548     | 1.938     |           |
| Cystine.....g                            | 0.212                                 |            | 0              |            | 1           |   | 0.197     | 0.697     |           |
| Phenylalanine.....g                      | 0.807                                 |            | 0              |            | 1           |   | 0.751     | 2.655     |           |
| Tyrosine.....g                           | 0.804                                 |            | 0              |            | 1           |   | 0.748     | 2.645     |           |
| Valine.....g                             | 1.081                                 |            | 0              |            | 1           |   | 1.005     | 3.556     |           |
| Arginine.....g                           | 1.420                                 |            | 0              |            | 1           |   | 1.321     | 4.672     |           |
| Histidine.....g                          | 0.635                                 |            | 0              |            | 1           |   | 0.591     | 2.089     |           |
| Alanine.....g                            | 1.260                                 |            | 0              |            | 1           |   | 1.172     | 4.145     |           |
| Aspartic acid.....g                      | 1.976                                 |            | 0              |            | 1           |   | 1.838     | 6.501     |           |
| Glutamic acid.....g                      | 3.321                                 |            | 0              |            | 1           |   | 3.089     | 10.926    |           |
| Glycine.....g                            | 1.009                                 |            | 0              |            | 1           |   | 0.938     | 3.320     |           |
| Proline.....g                            | 0.847                                 |            | 0              |            | 1           |   | 0.788     | 2.787     |           |
| Serine.....g                             | 0.905                                 |            | 0              |            | 1           |   | 0.842     | 2.977     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 329g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted**

**Refuse: 19% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 66.54                                 | 0.303      | 6                     |            | 1           |                 | 81.84   | 288.12    |           |
| Energy.....kcal                       | 164                                   |            | 0                     | NC         | 4           |                 | 202   | 710       |           |
| Energy.....kJ                         | 686                                   |            |                       |            | 4           |                 | 844   | 2971      |           |
| Protein (N x 6.25).....g              | 28.77                                 | 0.330      | 6                     |            | 1           |                 | 35.39   | 124.57    |           |
| Total lipid (fat).....g               | 4.58                                  | 0.251      | 6                     |            | 1           |                 | 5.63  | 19.83     |           |
| Ash.....g                             | 1.04                                  | 0.013      | 6                     |            | 1           |                 | 1.28  | 4.50      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 18                                    | 0.946      | 6                     |            | 1           |                 | 22  | 78        |           |
| Iron, Fe.....mg                       | 1.61                                  | 0.217      | 6                     |            | 1           |                 | 1.98  | 6.97      |           |
| Magnesium, Mg.....mg                  | 26                                    | 0.243      | 6                     |            | 1           |                 | 32  | 113       |           |
| Phosphorus, P.....mg                  | 205                                   | 3.184      | 6                     |            | 1           |                 | 252   | 888       |           |
| Potassium, K.....mg                   | 262                                   | 2.282      | 6                     |            | 1           |                 | 322   | 1134      |           |
| Sodium, Na.....mg                     | 57                                    | 2.269      | 6                     |            | 1           |                 | 70  | 247       |           |
| Zinc, Zn.....mg                       | 2.08                                  |            | 2                     |            | 1           |                 | 2.56  | 9.01      |           |
| Copper, Cu.....mg                     | 0.092                                 |            | 2                     |            | 1           |                 | 0.113   | 0.398     |           |
| Manganese, Mn.....mg                  | 0.024                                 |            | 2                     |            | 1           |                 | 0.030   | 0.104     |           |
| Selenium, Se.....mcg                  | 29.9                                  |            | 0                     | BFYN       | 4           |                 | 36.8  | 129.5     |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Thiamin.....mg                        | 0.038                                 | 0.002      | 6                     |            | 1           |                 | 0.047   | 0.165     |           |
| Riboflavin.....mg                     | 0.139                                 | 0.006      | 6                     |            | 1           |                 | 0.171   | 0.602     |           |
| Niacin.....mg                         | 6.275                                 | 0.152      | 6                     |            | 1           |                 | 7.718   | 27.171    |           |
| Pantothenic acid.....mg               | 0.648                                 |            | 0                     |            | 1           |                 | 0.797   | 2.806     |           |
| Vitamin B-6.....mg                    | 0.490                                 |            | 0                     |            | 1           |                 | 0.603   | 2.122     |           |
| Folate, total.....mcg                 | 6                                     |            | 0                     |            | 1           |                 | 7   | 26        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 6                                     |            | 0                     |            | 1           |                 | 7   | 26        |           |
| Folate, DFE.....mcg_DFE               | 6                                     |            | 0                     | NC         | 4           |                 | 7   | 26        |           |
| Vitamin B-12.....mcg                  | 0.36                                  |            | 0                     |            | 1           |                 | 0.44  | 1.56      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 2                     |            | 1           |                 | 0   | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 2                     |            | 1           |                 | 0   | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 2                     |            | 1           |                 | 0   | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 1.250                                 |            | 0                     |            | 1           |                 | 1.538   | 5.413     |           |
| 4:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 8:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0                     |            | 1           |                 | 0.000   | 0.000     |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.030                                 |            | 0                     |            | 1           |                 | 0.037   | 0.130     |           |
| 15:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....g                            | 0.820                                 |            | 0                     |            | 1           |                 | 1.009   | 3.551     |           |
| 17:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 18:0.....g                            | 0.280                                 |            | 0                     |            | 1           |                 | 0.344   | 1.212     |           |
| 20:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |

NDB No. 05206

Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.700                                 |            | 0       |       | 1      |   | 2.091     | 7.361     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.290                                 |            | 0       |       | 1      |   | 0.357     | 1.256     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.370                                 |            | 0       |       | 1      |   | 1.685     | 5.932     |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |   | 0.012     | 0.043     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.090                                 |            | 0       |       | 1      |   | 1.341     | 4.720     |           |
| 18:2 undifferentiated.....g              | 0.920                                 |            | 0       |       | 1      |   | 1.132     | 3.984     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0       |       | 1      |   | 0.074     | 0.260     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0       |       | 1      |   | 0.074     | 0.260     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.012     | 0.043     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.012     | 0.043     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 95                                    | 5.564      | 6       |       | 1      |   | 117       | 411       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.316                                 |            | 0       |       | 1      |   | 0.389     | 1.368     |           |
| Threonine.....g                          | 1.251                                 |            | 0       |       | 1      |   | 1.539     | 5.417     |           |
| Isoleucine.....g                         | 1.432                                 |            | 0       |       | 1      |   | 1.761     | 6.201     |           |
| Leucine.....g                            | 2.224                                 |            | 0       |       | 1      |   | 2.736     | 9.630     |           |
| Lysine.....g                             | 2.599                                 |            | 0       |       | 1      |   | 3.197     | 11.254    |           |
| Methionine.....g                         | 0.804                                 |            | 0       |       | 1      |   | 0.989     | 3.481     |           |
| Cystine.....g                            | 0.319                                 |            | 0       |       | 1      |   | 0.392     | 1.381     |           |
| Phenylalanine.....g                      | 1.122                                 |            | 0       |       | 1      |   | 1.380     | 4.858     |           |
| Tyrosine.....g                           | 1.083                                 |            | 0       |       | 1      |   | 1.332     | 4.689     |           |
| Valine.....g                             | 1.492                                 |            | 0       |       | 1      |   | 1.835     | 6.460     |           |
| Arginine.....g                           | 2.030                                 |            | 0       |       | 1      |   | 2.497     | 8.790     |           |
| Histidine.....g                          | 0.859                                 |            | 0       |       | 1      |   | 1.057     | 3.719     |           |
| Alanine.....g                            | 1.843                                 |            | 0       |       | 1      |   | 2.267     | 7.980     |           |
| Aspartic acid.....g                      | 2.769                                 |            | 0       |       | 1      |   | 3.406     | 11.990    |           |
| Glutamic acid.....g                      | 4.569                                 |            | 0       |       | 1      |   | 5.620     | 19.784    |           |
| Glycine.....g                            | 1.781                                 |            | 0       |       | 1      |   | 2.191     | 7.712     |           |
| Proline.....g                            | 1.363                                 |            | 0       |       | 1      |   | 1.676     | 5.902     |           |
| Serine.....g                             | 1.267                                 |            | 0       |       | 1      |   | 1.558     | 5.486     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05205

Turkey, fryer-roasters, light 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  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.520                                 |            | 0       |       | 1      |   | 2.417     | 8.527     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.260                                 |            | 0       |       | 1      |   | 0.413     | 1.459     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.220                                 |            | 0       |       | 1      |   | 1.940     | 6.844     |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.890                                 |            | 0       |       | 1      |   | 1.415     | 4.993     |           |
| 18:2 undifferentiated.....g              | 0.780                                 |            | 0       |       | 1      |   | 1.240     | 4.376     |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0       |       | 1      |   | 0.080     | 0.281     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.030                                 |            | 0       |       | 1      |   | 0.048     | 0.168     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 76                                    | 0.827      | 6       |       | 1      |   | 121       | 426       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.254                                 |            | 0       |       | 1      |   | 0.404     | 1.425     |           |
| Threonine.....g                          | 1.006                                 |            | 0       |       | 1      |   | 1.600     | 5.644     |           |
| Isoleucine.....g                         | 1.153                                 |            | 0       |       | 1      |   | 1.833     | 6.468     |           |
| Leucine.....g                            | 1.790                                 |            | 0       |       | 1      |   | 2.846     | 10.042    |           |
| Lysine.....g                             | 2.094                                 |            | 0       |       | 1      |   | 3.329     | 11.747    |           |
| Methionine.....g                         | 0.647                                 |            | 0       |       | 1      |   | 1.029     | 3.630     |           |
| Cystine.....g                            | 0.255                                 |            | 0       |       | 1      |   | 0.405     | 1.431     |           |
| Phenylalanine.....g                      | 0.902                                 |            | 0       |       | 1      |   | 1.434     | 5.060     |           |
| Tyrosine.....g                           | 0.872                                 |            | 0       |       | 1      |   | 1.386     | 4.892     |           |
| Valine.....g                             | 1.200                                 |            | 0       |       | 1      |   | 1.908     | 6.732     |           |
| Arginine.....g                           | 1.628                                 |            | 0       |       | 1      |   | 2.589     | 9.133     |           |
| Histidine.....g                          | 0.692                                 |            | 0       |       | 1      |   | 1.100     | 3.882     |           |
| Alanine.....g                            | 1.475                                 |            | 0       |       | 1      |   | 2.345     | 8.275     |           |
| Aspartic acid.....g                      | 2.224                                 |            | 0       |       | 1      |   | 3.536     | 12.477    |           |
| Glutamic acid.....g                      | 3.675                                 |            | 0       |       | 1      |   | 5.843     | 20.617    |           |
| Glycine.....g                            | 1.407                                 |            | 0       |       | 1      |   | 2.237     | 7.893     |           |
| Proline.....g                            | 1.083                                 |            | 0       |       | 1      |   | 1.722     | 6.076     |           |
| Serine.....g                             | 1.018                                 |            | 0       |       | 1      |   | 1.619     | 5.711     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 159g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 561g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05210

Turkey, fryer-roasters, light meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.210                                 |            | 0                     |            | 1           |   | 0.294     | 0.218     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.030                                 |            | 0                     |            | 1           |   | 0.042     | 0.031     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.170                                 |            | 0                     |            | 1           |   | 0.238     | 0.177     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.010     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.010     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.310                                 |            | 0                     |            | 1           |   | 0.434     | 0.322     |           |
| 18:2 undifferentiated.....g              | 0.210                                 |            | 0                     |            | 1           |   | 0.294     | 0.218     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.010     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1           |   | 0.084     | 0.062     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.010     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.010     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 86                                    | 5.560      | 6                     |            | 1           |   | 120       | 89        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.343                                 |            | 0                     |            | 1           |   | 0.480     | 0.357     |           |
| Threonine.....g                          | 1.343                                 |            | 0                     |            | 1           |   | 1.880     | 1.397     |           |
| Isoleucine.....g                         | 1.570                                 |            | 0                     |            | 1           |   | 2.198     | 1.633     |           |
| Leucine.....g                            | 2.405                                 |            | 0                     |            | 1           |   | 3.367     | 2.501     |           |
| Lysine.....g                             | 2.845                                 |            | 0                     |            | 1           |   | 3.983     | 2.959     |           |
| Methionine.....g                         | 0.874                                 |            | 0                     |            | 1           |   | 1.224     | 0.909     |           |
| Cystine.....g                            | 0.314                                 |            | 0                     |            | 1           |   | 0.440     | 0.327     |           |
| Phenylalanine.....g                      | 1.198                                 |            | 0                     |            | 1           |   | 1.677     | 1.246     |           |
| Tyrosine.....g                           | 1.193                                 |            | 0                     |            | 1           |   | 1.670     | 1.241     |           |
| Valine.....g                             | 1.604                                 |            | 0                     |            | 1           |   | 2.246     | 1.668     |           |
| Arginine.....g                           | 2.106                                 |            | 0                     |            | 1           |   | 2.948     | 2.190     |           |
| Histidine.....g                          | 0.942                                 |            | 0                     |            | 1           |   | 1.319     | 0.980     |           |
| Alanine.....g                            | 1.869                                 |            | 0                     |            | 1           |   | 2.617     | 1.944     |           |
| Aspartic acid.....g                      | 2.932                                 |            | 0                     |            | 1           |   | 4.105     | 3.049     |           |
| Glutamic acid.....g                      | 4.927                                 |            | 0                     |            | 1           |   | 6.898     | 5.124     |           |
| Glycine.....g                            | 1.497                                 |            | 0                     |            | 1           |   | 2.096     | 1.557     |           |
| Proline.....g                            | 1.256                                 |            | 0                     |            | 1           |   | 1.758     | 1.306     |           |
| Serine.....g                             | 1.343                                 |            | 0                     |            | 1           |   | 1.880     | 1.397     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05209

Turkey, fryer-roasters, light meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.090                                 |            | 0                     |            | 1           |   | 0.122     | 0.433     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.010                                 | 0.002      | 12                    |            | 1           |   | 0.014     | 0.048     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.070                                 | 0.009      | 12                    |            | 1           |   | 0.095     | 0.337     |           |
| 20:1.....g                               | 0.000                                 | 0.000      | 10                    |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 | 0.000      | 10                    |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.130                                 |            | 0                     |            | 1           |   | 0.177     | 0.625     |           |
| 18:2 undifferentiated.....g              | 0.090                                 | 0.011      | 12                    |            | 1           |   | 0.122     | 0.433     |           |
| 18:3 undifferentiated.....g              | 0.000                                 | 0.000      | 12                    |            | 1           |   | 0.000     | 0.000     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.030                                 | 0.004      | 11                    |            | 1           |   | 0.041     | 0.144     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 | 0.000      | 10                    |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.010                                 | 0.002      | 10                    |            | 1           |   | 0.014     | 0.048     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 66                                    | 1.375      | 6                     |            | 1           |   | 90        | 317       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.275                                 |            | 0                     |            | 1           |   | 0.374     | 1.323     |           |
| Threonine.....g                          | 1.076                                 |            | 0                     |            | 1           |   | 1.463     | 5.176     |           |
| Isoleucine.....g                         | 1.257                                 |            | 0                     |            | 1           |   | 1.710     | 6.046     |           |
| Leucine.....g                            | 1.927                                 |            | 0                     |            | 1           |   | 2.621     | 9.269     |           |
| Lysine.....g                             | 2.279                                 |            | 0                     |            | 1           |   | 3.099     | 10.962    |           |
| Methionine.....g                         | 0.700                                 |            | 0                     |            | 1           |   | 0.952     | 3.367     |           |
| Cystine.....g                            | 0.251                                 |            | 0                     |            | 1           |   | 0.341     | 1.207     |           |
| Phenylalanine.....g                      | 0.960                                 |            | 0                     |            | 1           |   | 1.306     | 4.618     |           |
| Tyrosine.....g                           | 0.956                                 |            | 0                     |            | 1           |   | 1.300     | 4.598     |           |
| Valine.....g                             | 1.285                                 |            | 0                     |            | 1           |   | 1.748     | 6.181     |           |
| Arginine.....g                           | 1.687                                 |            | 0                     |            | 1           |   | 2.294     | 8.114     |           |
| Histidine.....g                          | 0.754                                 |            | 0                     |            | 1           |   | 1.025     | 3.627     |           |
| Alanine.....g                            | 1.497                                 |            | 0                     |            | 1           |   | 2.036     | 7.201     |           |
| Aspartic acid.....g                      | 2.348                                 |            | 0                     |            | 1           |   | 3.193     | 11.294    |           |
| Glutamic acid.....g                      | 3.946                                 |            | 0                     |            | 1           |   | 5.367     | 18.980    |           |
| Glycine.....g                            | 1.199                                 |            | 0                     |            | 1           |   | 1.631     | 5.767     |           |
| Proline.....g                            | 1.006                                 |            | 0                     |            | 1           |   | 1.368     | 4.839     |           |
| Serine.....g                             | 1.076                                 |            | 0                     |            | 1           |   | 1.463     | 5.176     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 481g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05198

Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.890                                 |            | 0              |            | 1           |   | 4.744     | 33.491    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.310                                 |            | 0              |            | 1           |   | 0.778     | 5.493     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.530                                 |            | 0              |            | 1           |   | 3.840     | 27.112    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.025     | 0.177     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.025     | 0.177     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.440                                 |            | 0              |            | 1           |   | 3.614     | 25.517    |           |
| 18:2 undifferentiated.....g              | 1.210                                 |            | 0              |            | 1           |   | 3.037     | 21.441    |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0              |            | 1           |   | 0.176     | 1.240     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0              |            | 1           |   | 0.276     | 1.949     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.025     | 0.177     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.050     | 0.354     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 118                                   |            | 0              |            | 1           |   | 296       | 2091      |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.309                                 |            | 0              |            | 1           |   | 0.776     | 5.475     |           |
| Threonine.....g                          | 1.225                                 |            | 0              |            | 1           |   | 3.075     | 21.707    |           |
| Isoleucine.....g                         | 1.401                                 |            | 0              |            | 1           |   | 3.517     | 24.826    |           |
| Leucine.....g                            | 2.176                                 |            | 0              |            | 1           |   | 5.462     | 38.559    |           |
| Lysine.....g                             | 2.520                                 |            | 0              |            | 1           |   | 6.325     | 44.654    |           |
| Methionine.....g                         | 0.782                                 |            | 0              |            | 1           |   | 1.963     | 13.857    |           |
| Cystine.....g                            | 0.313                                 |            | 0              |            | 1           |   | 0.786     | 5.546     |           |
| Phenylalanine.....g                      | 1.104                                 |            | 0              |            | 1           |   | 2.771     | 19.563    |           |
| Tyrosine.....g                           | 1.053                                 |            | 0              |            | 1           |   | 2.643     | 18.659    |           |
| Valine.....g                             | 1.459                                 |            | 0              |            | 1           |   | 3.662     | 25.853    |           |
| Arginine.....g                           | 1.977                                 |            | 0              |            | 1           |   | 4.962     | 35.032    |           |
| Histidine.....g                          | 0.831                                 |            | 0              |            | 1           |   | 2.086     | 14.725    |           |
| Alanine.....g                            | 1.776                                 |            | 0              |            | 1           |   | 4.458     | 31.471    |           |
| Aspartic acid.....g                      | 2.701                                 |            | 0              |            | 1           |   | 6.780     | 47.862    |           |
| Glutamic acid.....g                      | 4.460                                 |            | 0              |            | 1           |   | 11.195    | 79.031    |           |
| Glycine.....g                            | 1.713                                 |            | 0              |            | 1           |   | 4.300     | 30.354    |           |
| Proline.....g                            | 1.327                                 |            | 0              |            | 1           |   | 3.331     | 23.514    |           |
| Serine.....g                             | 1.237                                 |            | 0              |            | 1           |   | 3.105     | 21.920    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 251g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1772g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, meat and skin and giblets and neck, 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 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 72.90                                 |            | 0                     |            | 1   |                 | 1756.89   |           |           |
| Energy.....kcal                       | 133                                   |            | 0                     | NC         | 4   |                 | 3205      |           |           |
| Energy.....kj                         | 556                                   |            |                       |            | 4   |                 | 13411     |           |           |
| Protein (N x 6.25).....g              | 22.15                                 |            | 0                     |            | 1   |                 | 533.82    |           |           |
| Total lipid (fat).....g               | 4.25                                  |            | 0                     |            | 1   |                 | 102.43    |           |           |
| Ash.....g                             | 0.92                                  |            | 0                     |            | 1   |                 | 22.17     |           |           |
| Carbohydrate, by difference.....g     | 0.05                                  |            | 0                     | NC         | 4   |                 | 1.21      |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       |           |           |
| Sugars, total.....g                   |                                       |            |                       |            |   |                 |           |           |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 13                                    |            | 0                     |            | 1   |                 | 313       |           |           |
| Iron, Fe.....mg                       | 1.75                                  |            | 0                     |            | 1   |                 | 42.18     |           |           |
| Magnesium, Mg.....mg                  | 22                                    |            | 0                     |            | 1   |                 | 530       |           |           |
| Phosphorus, P.....mg                  | 175                                   |            | 0                     |            | 1   |                 | 4218      |           |           |
| Potassium, K.....mg                   | 246                                   |            | 0                     |            | 1   |                 | 5929      |           |           |
| Sodium, Na.....mg                     | 61                                    |            | 0                     |            | 1   |                 | 1470      |           |           |
| Zinc, Zn.....mg                       | 2.09                                  |            | 0                     |            | 1   |                 | 50.37     |           |           |
| Copper, Cu.....mg                     | 0.152                                 |            | 0                     |            | 1   |                 | 3.663     |           |           |
| Manganese, Mn.....mg                  | 0.030                                 |            | 0                     |            | 1   |                 | 0.723     |           |           |
| Selenium, Se.....mcg                  | 24.6                                  |            | 0                     | BFNN       | 4   |                 | 592.9     |           |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.2                                   |            | 0                     |            | 1   |                 | 4.8       |           |           |
| Thiamin.....mg                        | 0.043                                 |            | 0                     |            | 1   |                 | 1.036     |           |           |
| Riboflavin.....mg                     | 0.215                                 |            | 0                     |            | 1   |                 | 5.182     |           |           |
| Niacin.....mg                         | 4.085                                 |            | 0                     |            | 1   |                 | 98.449    |           |           |
| Pantothenic acid.....mg               | 1.030                                 |            | 0                     |            | 1   |                 | 24.823    |           |           |
| Vitamin B-6.....mg                    | 0.420                                 |            | 0                     |            | 1   |                 | 10.122    |           |           |
| Folate, total.....mcg                 | 26                                    |            | 0                     |            | 1   |                 | 627       |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         |           |           |
| Folate, food.....mcg                  | 26                                    |            | 0                     |            | 1   |                 | 627       |           |           |
| Folate, DFE.....mcg_DFE               | 26                                    |            | 0                     | NC         | 4   |                 | 627       |           |           |
| Vitamin B-12.....mcg                  | 1.85                                  |            | 0                     |            | 1   |                 | 44.59     |           |           |
| Vitamin A, IU.....IU                  | 395                                   |            | 0                     |            | 1   |                 | 9520      |           |           |
| Vitamin A, RAE.....mcg_RAE            | 119                                   |            | 0                     |            | 1   |                 | 2859      |           |           |
| Retinol.....mcg                       | 119                                   |            | 0                     |            | 1   |                 | 2859      |           |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |   |                 |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 1.220                                 |            | 0                     |            | 1   |                 | 29.402    |           |           |
| 4:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 6:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 8:0.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     |           |           |
| 12:0.....g                            | 0.000                                 |            | 0                     |            | 1   |                 | 0.000     |           |           |
| 13:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 14:0.....g                            | 0.030                                 |            | 0                     |            | 1   |                 | 0.723     |           |           |
| 15:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |
| 16:0.....g                            | 0.770                                 |            | 0                     |            | 1   |                 | 18.557    |           |           |
| 17:0.....g                            |                                       |            |                       |            |   |                 |           |           |           |

NDB No. 05197

Turkey, fryer-roasters, meat and skin and giblets and neck, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|----------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.470                                 |            | 0              |            | 1   |                 | 35.427    |           |           |
| 14:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.250                                 |            | 0              |            | 1   |                 | 6.025     |           |           |
| 17:1.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.190                                 |            | 0              |            | 1   |                 | 28.679    |           |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1   |                 | 0.241     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              |            | 1   |                 | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.070                                 |            | 0              |            | 1   |                 | 25.787    |           |           |
| 18:2 undifferentiated.....g              | 0.910                                 |            | 0              |            | 1   |                 | 21.931    |           |           |
| 18:3 undifferentiated.....g              | 0.050                                 |            | 0              |            | 1   |                 | 1.205     |           |           |
| 18:4.....g                               |                                       |            |                |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0              |            | 1   |                 | 1.928     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4   |                 | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1   |                 | 0.241     |           |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0              |            | 1   |                 | 0.241     |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 92                                    |            | 0              |            | 1   |                 | 2217      |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.245                                 |            | 0              |            | 1   |                 | 5.905     |           |           |
| Threonine.....g                          | 0.970                                 |            | 0              |            | 1   |                 | 23.377    |           |           |
| Isoleucine.....g                         | 1.112                                 |            | 0              |            | 1   |                 | 26.799    |           |           |
| Leucine.....g                            | 1.726                                 |            | 0              |            | 1   |                 | 41.597    |           |           |
| Lysine.....g                             | 1.999                                 |            | 0              |            | 1   |                 | 48.176    |           |           |
| Methionine.....g                         | 0.620                                 |            | 0              |            | 1   |                 | 14.942    |           |           |
| Cystine.....g                            | 0.246                                 |            | 0              |            | 1   |                 | 5.929     |           |           |
| Phenylalanine.....g                      | 0.873                                 |            | 0              |            | 1   |                 | 21.039    |           |           |
| Tyrosine.....g                           | 0.836                                 |            | 0              |            | 1   |                 | 20.148    |           |           |
| Valine.....g                             | 1.156                                 |            | 0              |            | 1   |                 | 27.860    |           |           |
| Arginine.....g                           | 1.556                                 |            | 0              |            | 1   |                 | 37.500    |           |           |
| Histidine.....g                          | 0.660                                 |            | 0              |            | 1   |                 | 15.906    |           |           |
| Alanine.....g                            | 1.394                                 |            | 0              |            | 1   |                 | 33.595    |           |           |
| Aspartic acid.....g                      | 2.132                                 |            | 0              |            | 1   |                 | 51.381    |           |           |
| Glutamic acid.....g                      | 3.528                                 |            | 0              |            | 1   |                 | 85.025    |           |           |
| Glycine.....g                            | 1.313                                 |            | 0              |            | 1   |                 | 31.643    |           |           |
| Proline.....g                            | 1.030                                 |            | 0              |            | 1   |                 | 24.823    |           |           |
| Serine.....g                             | 0.977                                 |            | 0              |            | 1   |                 | 23.546    |           |           |
| Hydroxyproline.....g                     |                                       |            |                |            |   |                 |           |           |           |

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

#### Common Measures:

Measure 1 = 2410g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05200

Turkey, fryer-roasters, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.960                                 |            | 0              |            | 1           |   | 4.488     | 15.837    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.330                                 |            | 0              |            | 1           |   | 0.756     | 2.666     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.590                                 |            | 0              |            | 1           |   | 3.641     | 12.847    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.023     | 0.081     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.023     | 0.081     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.450                                 |            | 0              |            | 1           |   | 3.321     | 11.716    |           |
| 18:2 undifferentiated.....g              | 1.230                                 |            | 0              |            | 1           |   | 2.817     | 9.938     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0              |            | 1           |   | 0.160     | 0.566     |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0              |            | 1           |   | 0.229     | 0.808     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 1           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.023     | 0.081     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.046     | 0.162     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 105                                   | 5.847      | 6              |            | 1           |   | 240       | 848       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.311                                 |            | 0              |            | 1           |   | 0.712     | 2.513     |           |
| Threonine.....g                          | 1.230                                 |            | 0              |            | 1           |   | 2.817     | 9.938     |           |
| Isoleucine.....g                         | 1.408                                 |            | 0              |            | 1           |   | 3.224     | 11.377    |           |
| Leucine.....g                            | 2.186                                 |            | 0              |            | 1           |   | 5.006     | 17.663    |           |
| Lysine.....g                             | 2.555                                 |            | 0              |            | 1           |   | 5.851     | 20.644    |           |
| Methionine.....g                         | 0.790                                 |            | 0              |            | 1           |   | 1.809     | 6.383     |           |
| Cystine.....g                            | 0.313                                 |            | 0              |            | 1           |   | 0.717     | 2.529     |           |
| Phenylalanine.....g                      | 1.103                                 |            | 0              |            | 1           |   | 2.526     | 8.912     |           |
| Tyrosine.....g                           | 1.064                                 |            | 0              |            | 1           |   | 2.437     | 8.597     |           |
| Valine.....g                             | 1.467                                 |            | 0              |            | 1           |   | 3.359     | 11.853    |           |
| Arginine.....g                           | 1.995                                 |            | 0              |            | 1           |   | 4.569     | 16.120    |           |
| Histidine.....g                          | 0.844                                 |            | 0              |            | 1           |   | 1.933     | 6.820     |           |
| Alanine.....g                            | 1.810                                 |            | 0              |            | 1           |   | 4.145     | 14.625    |           |
| Aspartic acid.....g                      | 2.721                                 |            | 0              |            | 1           |   | 6.231     | 21.986    |           |
| Glutamic acid.....g                      | 4.491                                 |            | 0              |            | 1           |   | 10.284    | 36.287    |           |
| Glycine.....g                            | 1.746                                 |            | 0              |            | 1           |   | 3.998     | 14.108    |           |
| Proline.....g                            | 1.337                                 |            | 0              |            | 1           |   | 3.062     | 10.803    |           |
| Serine.....g                             | 1.245                                 |            | 0              |            | 1           |   | 2.851     | 10.060    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |
| Others:                                  |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   | 0.0       | 0.0       |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Carotenoids:                             |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

#### Common Measures:

Measure 1 = 229g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 808g: .5 turkey, bone removed

**NDB No. 05200**  
**Turkey, fryer-roasters, meat and skin, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



### Turkey, fryer-roasters, 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 |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 72.74                                 | 0.279      | 28             |            | 1   | 225.49    | 795.05    |           |
| Energy.....kcal                       | 134                                   |            | 0              | NC         | 4   | 415       | 1465      |           |
| Energy.....kj                         | 561                                   |            |                |            | 4   | 1738      | 6128      |           |
| Protein (N x 6.25).....g              | 22.37                                 | 0.166      | 28             |            | 1   | 69.35     | 244.50    |           |
| Total lipid (fat).....g               | 4.25                                  | 0.219      | 28             |            | 1   | 13.18     | 46.45     |           |
| Ash.....g                             | 0.90                                  | 0.021      | 8              |            | 1   | 2.79      | 9.84      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 13                                    | 0.279      | 6              |            | 1   | 40        | 142       |           |
| Iron, Fe.....mg                       | 1.42                                  | 0.065      | 6              |            | 1   | 4.40      | 15.52     |           |
| Magnesium, Mg.....mg                  | 22                                    | 0.126      | 6              |            | 1   | 68        | 240       |           |
| Phosphorus, P.....mg                  | 173                                   | 2.951      | 6              |            | 1   | 536       | 1891      |           |
| Potassium, K.....mg                   | 243                                   | 2.837      | 6              |            | 1   | 753       | 2656      |           |
| Sodium, Na.....mg                     | 58                                    | 0.821      | 6              |            | 1   | 180       | 634       |           |
| Zinc, Zn.....mg                       | 1.97                                  |            | 2              |            | 1   | 6.11      | 21.53     |           |
| Copper, Cu.....mg                     | 0.139                                 |            | 2              |            | 1   | 0.431     | 1.519     |           |
| Manganese, Mn.....mg                  | 0.021                                 |            | 2              |            | 1   | 0.065     | 0.230     |           |
| Selenium, Se.....mcg                  | 24.8                                  |            | 0              | PAK        | 1   | 76.9      | 271.1     |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.041                                 | 0.003      | 6              |            | 1   | 0.127     | 0.448     |           |
| Riboflavin.....mg                     | 0.151                                 | 0.005      | 6              |            | 1   | 0.468     | 1.650     |           |
| Niacin.....mg                         | 4.039                                 | 0.125      | 6              |            | 1   | 12.521    | 44.146    |           |
| Pantothenic acid.....mg               | 0.865                                 |            | 0              |            | 1   | 2.682     | 9.454     |           |
| Vitamin B-6.....mg                    | 0.430                                 |            | 0              |            | 1   | 1.333     | 4.700     |           |
| Folate, total.....mcg                 | 9                                     |            | 0              |            | 1   | 28        | 98        |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 9                                     |            | 0              |            | 1   | 28        | 98        |           |
| Folate, DFE.....mcg_DFE               | 9                                     |            | 0              | NC         | 4   | 28        | 98        |           |
| Vitamin B-12.....mcg                  | 0.42                                  |            | 0              |            | 1   | 1.30      | 4.59      |           |
| Vitamin A, IU.....IU                  | 4                                     |            | 2              |            | 1   | 12        | 44        |           |
| Vitamin A, RAE.....mcg_RAE            | 1                                     |            | 2              |            | 1   | 4         | 13        |           |
| Retinol.....mcg                       | 1                                     |            | 2              |            | 1   | 4         | 13        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.210                                 |            | 0              |            | 1   | 3.751     | 13.225    |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0              |            | 1   | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.030                                 |            | 0              |            | 1   | 0.093     | 0.328     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 0.780                                 |            | 0              |            | 1   | 2.418     | 8.525     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 0.280                                 |            | 0              |            | 1   | 0.868     | 3.060     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05199

Turkey, fryer-roasters, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.520                                 |            | 0       |       | 1      |   | 4.712     | 16.614    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.260                                 |            | 0       |       | 1      |   | 0.806     | 2.842     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.230                                 |            | 0       |       | 1      |   | 3.813     | 13.444    |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |   | 0.031     | 0.109     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.060                                 |            | 0       |       | 1      |   | 3.286     | 11.586    |           |
| 18:2 undifferentiated.....g              | 0.920                                 |            | 0       |       | 1      |   | 2.852     | 10.056    |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0       |       | 1      |   | 0.186     | 0.656     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0       |       | 1      |   | 0.186     | 0.656     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.031     | 0.109     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |   | 0.031     | 0.109     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 81                                    | 1.446      | 6       |       | 1      |   | 251       | 885       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.247                                 |            | 0       |       | 1      |   | 0.766     | 2.700     |           |
| Threonine.....g                          | 0.977                                 |            | 0       |       | 1      |   | 3.029     | 10.679    |           |
| Isoleucine.....g                         | 1.122                                 |            | 0       |       | 1      |   | 3.478     | 12.263    |           |
| Leucine.....g                            | 1.739                                 |            | 0       |       | 1      |   | 5.391     | 19.007    |           |
| Lysine.....g                             | 2.036                                 |            | 0       |       | 1      |   | 6.312     | 22.253    |           |
| Methionine.....g                         | 0.629                                 |            | 0       |       | 1      |   | 1.950     | 6.875     |           |
| Cystine.....g                            | 0.246                                 |            | 0       |       | 1      |   | 0.763     | 2.689     |           |
| Phenylalanine.....g                      | 0.875                                 |            | 0       |       | 1      |   | 2.713     | 9.564     |           |
| Tyrosine.....g                           | 0.849                                 |            | 0       |       | 1      |   | 2.632     | 9.280     |           |
| Valine.....g                             | 1.165                                 |            | 0       |       | 1      |   | 3.612     | 12.733    |           |
| Arginine.....g                           | 1.576                                 |            | 0       |       | 1      |   | 4.886     | 17.226    |           |
| Histidine.....g                          | 0.673                                 |            | 0       |       | 1      |   | 2.086     | 7.356     |           |
| Alanine.....g                            | 1.425                                 |            | 0       |       | 1      |   | 4.418     | 15.575    |           |
| Aspartic acid.....g                      | 2.156                                 |            | 0       |       | 1      |   | 6.684     | 23.565    |           |
| Glutamic acid.....g                      | 3.569                                 |            | 0       |       | 1      |   | 11.064    | 39.009    |           |
| Glycine.....g                            | 1.339                                 |            | 0       |       | 1      |   | 4.151     | 14.635    |           |
| Proline.....g                            | 1.039                                 |            | 0       |       | 1      |   | 3.221     | 11.356    |           |
| Serine.....g                             | 0.987                                 |            | 0       |       | 1      |   | 3.060     | 10.788    |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

**Common Measures:**

Measure 1 = 310g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1093g: .5 turkey, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, meat only, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
|                                       |                                       |            |                |            | Confidence Code                                     |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 67.57                                 | 0.233      | 6              |            | 1   | 94.60     | 131.76    |           |
| Energy.....kcal                       | 150                                   |            | 0              | NC         | 4   | 210       | 293       |           |
| Energy.....kj                         | 628                                   |            |                |            | 4   | 879       | 1224      |           |
| Protein (N x 6.25).....g              | 29.56                                 | 0.265      | 6              |            | 1   | 41.38     | 57.64     |           |
| Total lipid (fat).....g               | 2.63                                  | 0.174      | 6              |            | 1   | 3.68      | 5.13      |           |
| Ash.....g                             | 1.04                                  | 0.015      | 6              |            | 1   | 1.46      | 2.03      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 20                                    | 1.264      | 6              |            | 1   | 28        | 39        |           |
| Iron, Fe.....mg                       | 1.96                                  | 0.176      | 6              |            | 1   | 2.74      | 3.82      |           |
| Magnesium, Mg.....mg                  | 26                                    | 0.165      | 6              |            | 1   | 36        | 51        |           |
| Phosphorus, P.....mg                  | 207                                   | 3.465      | 6              |            | 1   | 290       | 404       |           |
| Potassium, K.....mg                   | 263                                   | 2.129      | 6              |            | 1   | 368       | 513       |           |
| Sodium, Na.....mg                     | 67                                    | 2.362      | 6              |            | 1   | 94        | 131       |           |
| Zinc, Zn.....mg                       | 3.04                                  |            | 2              |            | 1   | 4.26      | 5.93      |           |
| Copper, Cu.....mg                     | 0.150                                 |            | 2              |            | 1   | 0.210     | 0.293     |           |
| Manganese, Mn.....mg                  | 0.025                                 |            | 2              |            | 1   | 0.035     | 0.049     |           |
| Selenium, Se.....mcg                  | 36.5                                  |            | 0              | PIE        | 4   | 51.1      | 71.2      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.046                                 | 0.003      | 6              |            | 1   | 0.064     | 0.090     |           |
| Riboflavin.....mg                     | 0.188                                 | 0.010      | 6              |            | 1   | 0.263     | 0.367     |           |
| Niacin.....mg                         | 5.326                                 | 0.096      | 6              |            | 1   | 7.456     | 10.386    |           |
| Pantothenic acid.....mg               | 1.012                                 |            | 0              |            | 1   | 1.417     | 1.973     |           |
| Vitamin B-6.....mg                    | 0.480                                 |            | 0              |            | 1   | 0.672     | 0.936     |           |
| Folate, total.....mcg                 | 8                                     |            | 0              |            | 1   | 11        | 16        |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 8                                     |            | 0              |            | 1   | 11        | 16        |           |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0              | NC         | 4   | 11        | 16        |           |
| Vitamin B-12.....mcg                  | 0.39                                  |            | 0              |            | 1   | 0.55      | 0.76      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 0.870                                 |            | 0              |            | 1   | 1.218     | 1.697     |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1   | 0.014     | 0.020     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.020                                 |            | 0              |            | 1   | 0.028     | 0.039     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 0.450                                 |            | 0              |            | 1   | 0.630     | 0.878     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 0.260                                 |            | 0              |            | 1   | 0.364     | 0.507     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05202

Turkey, fryer-roasters, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.560                                 |            | 0                     |            | 1           |   | 0.784     | 1.092     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 1           |   | 0.112     | 0.156     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.470                                 |            | 0                     |            | 1           |   | 0.658     | 0.917     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.020     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.020     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.770                                 |            | 0                     |            | 1           |   | 1.078     | 1.502     |           |
| 18:2 undifferentiated.....g              | 0.600                                 |            | 0                     |            | 1           |   | 0.840     | 1.170     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.039     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1           |   | 0.140     | 0.195     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.039     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.039     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 98                                    | 5.793      | 6                     |            | 1           |   | 137       | 191       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.336                                 |            | 0                     |            | 1           |   | 0.470     | 0.655     |           |
| Threonine.....g                          | 1.315                                 |            | 0                     |            | 1           |   | 1.841     | 2.564     |           |
| Isoleucine.....g                         | 1.537                                 |            | 0                     |            | 1           |   | 2.152     | 2.997     |           |
| Leucine.....g                            | 2.355                                 |            | 0                     |            | 1           |   | 3.297     | 4.592     |           |
| Lysine.....g                             | 2.785                                 |            | 0                     |            | 1           |   | 3.899     | 5.431     |           |
| Methionine.....g                         | 0.856                                 |            | 0                     |            | 1           |   | 1.198     | 1.669     |           |
| Cystine.....g                            | 0.307                                 |            | 0                     |            | 1           |   | 0.430     | 0.599     |           |
| Phenylalanine.....g                      | 1.173                                 |            | 0                     |            | 1           |   | 1.642     | 2.287     |           |
| Tyrosine.....g                           | 1.168                                 |            | 0                     |            | 1           |   | 1.635     | 2.278     |           |
| Valine.....g                             | 1.570                                 |            | 0                     |            | 1           |   | 2.198     | 3.062     |           |
| Arginine.....g                           | 2.062                                 |            | 0                     |            | 1           |   | 2.887     | 4.021     |           |
| Histidine.....g                          | 0.922                                 |            | 0                     |            | 1           |   | 1.291     | 1.798     |           |
| Alanine.....g                            | 1.830                                 |            | 0                     |            | 1           |   | 2.562     | 3.569     |           |
| Aspartic acid.....g                      | 2.871                                 |            | 0                     |            | 1           |   | 4.019     | 5.598     |           |
| Glutamic acid.....g                      | 4.824                                 |            | 0                     |            | 1           |   | 6.754     | 9.407     |           |
| Glycine.....g                            | 1.466                                 |            | 0                     |            | 1           |   | 2.052     | 2.859     |           |
| Proline.....g                            | 1.230                                 |            | 0                     |            | 1           |   | 1.722     | 2.399     |           |
| Serine.....g                             | 1.315                                 |            | 0                     |            | 1           |   | 1.841     | 2.564     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 195g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, meat only, raw**

**Refuse:** 34% 25% bone, 9% skin

NDB No. 05201

Turkey, fryer-roasters, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.350                                 |            | 0                     |            | 1           |   | 0.952     | 3.465     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.050                                 |            | 0                     |            | 1           |   | 0.136     | 0.495     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.290                                 |            | 0                     |            | 1           |   | 0.789     | 2.871     |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.027     | 0.099     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.470                                 |            | 0                     |            | 1           |   | 1.278     | 4.653     |           |
| 18:2 undifferentiated.....g              | 0.370                                 |            | 0                     |            | 1           |   | 1.006     | 3.663     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.027     | 0.099     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1           |   | 0.163     | 0.594     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.027     | 0.099     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.027     | 0.099     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    | 1.826      | 6                     |            | 1           |   | 199       | 723       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.254                                 |            | 0                     |            | 1           |   | 0.691     | 2.515     |           |
| Threonine.....g                          | 0.993                                 |            | 0                     |            | 1           |   | 2.701     | 9.831     |           |
| Isoleucine.....g                         | 1.161                                 |            | 0                     |            | 1           |   | 3.158     | 11.494    |           |
| Leucine.....g                            | 1.778                                 |            | 0                     |            | 1           |   | 4.836     | 17.602    |           |
| Lysine.....g                             | 2.103                                 |            | 0                     |            | 1           |   | 5.720     | 20.820    |           |
| Methionine.....g                         | 0.646                                 |            | 0                     |            | 1           |   | 1.757     | 6.395     |           |
| Cystine.....g                            | 0.232                                 |            | 0                     |            | 1           |   | 0.631     | 2.297     |           |
| Phenylalanine.....g                      | 0.886                                 |            | 0                     |            | 1           |   | 2.410     | 8.771     |           |
| Tyrosine.....g                           | 0.882                                 |            | 0                     |            | 1           |   | 2.399     | 8.732     |           |
| Valine.....g                             | 1.186                                 |            | 0                     |            | 1           |   | 3.226     | 11.741    |           |
| Arginine.....g                           | 1.557                                 |            | 0                     |            | 1           |   | 4.235     | 15.414    |           |
| Histidine.....g                          | 0.696                                 |            | 0                     |            | 1           |   | 1.893     | 6.890     |           |
| Alanine.....g                            | 1.382                                 |            | 0                     |            | 1           |   | 3.759     | 13.682    |           |
| Aspartic acid.....g                      | 2.168                                 |            | 0                     |            | 1           |   | 5.897     | 21.463    |           |
| Glutamic acid.....g                      | 3.642                                 |            | 0                     |            | 1           |   | 9.906     | 36.056    |           |
| Glycine.....g                            | 1.107                                 |            | 0                     |            | 1           |   | 3.011     | 10.959    |           |
| Proline.....g                            | 0.928                                 |            | 0                     |            | 1           |   | 2.524     | 9.187     |           |
| Serine.....g                             | 0.993                                 |            | 0                     |            | 1           |   | 2.701     | 9.831     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 272g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 990g: .5 turkey, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, skin only, cooked, roasted**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 55.46                                 | 0.808      | 6              |            | 1   | 18.86     | 67.11     |           |
| Energy.....kcal                       | 299                                   |            | 0              | NC         | 4   | 102       | 362       |           |
| Energy.....kj                         | 1251                                  |            |                |            | 4   | 425       | 1514      |           |
| Protein (N x 6.25).....g              | 20.94                                 | 0.634      | 6              |            | 1   | 7.12      | 25.34     |           |
| Total lipid (fat).....g               | 23.28                                 | 1.095      | 6              |            | 1   | 7.92      | 28.17     |           |
| Ash.....g                             | 0.73                                  | 0.022      | 6              |            | 1   | 0.25      | 0.88      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 35                                    | 5.152      | 6              |            | 1   | 12        | 42        |           |
| Iron, Fe.....mg                       | 1.86                                  | 0.182      | 6              |            | 1   | 0.63      | 2.25      |           |
| Magnesium, Mg.....mg                  | 17                                    | 0.292      | 6              |            | 1   | 6         | 21        |           |
| Phosphorus, P.....mg                  | 150                                   | 3.621      | 6              |            | 1   | 51        | 182       |           |
| Potassium, K.....mg                   | 181                                   | 2.454      | 6              |            | 1   | 62        | 219       |           |
| Sodium, Na.....mg                     | 61                                    | 3.776      | 6              |            | 1   | 21        | 74        |           |
| Zinc, Zn.....mg                       | 2.05                                  |            | 2              |            | 1   | 0.70      | 2.48      |           |
| Copper, Cu.....mg                     | 0.129                                 |            | 2              |            | 1   | 0.044     | 0.156     |           |
| Manganese, Mn.....mg                  | 0.020                                 |            | 2              |            | 1   | 0.007     | 0.024     |           |
| Selenium, Se.....mcg                  | 153.1                                 |            | 0              | BFNN       | 4   | 52.1      | 185.3     |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.025                                 | 0.001      | 6              |            | 1   | 0.009     | 0.030     |           |
| Riboflavin.....mg                     | 0.159                                 | 0.010      | 6              |            | 1   | 0.054     | 0.192     |           |
| Niacin.....mg                         | 2.634                                 | 0.145      | 6              |            | 1   | 0.896     | 3.187     |           |
| Pantothenic acid.....mg               | 0.278                                 |            | 0              |            | 1   | 0.095     | 0.336     |           |
| Vitamin B-6.....mg                    | 0.070                                 |            | 0              |            | 1   | 0.024     | 0.085     |           |
| Folate, total.....mcg                 | 4                                     |            | 0              |            | 1   | 1         | 5         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 4                                     |            | 0              |            | 1   | 1         | 5         |           |
| Folate, DFE.....mcg_DFE               | 4                                     |            | 0              | NC         | 4   | 1         | 5         |           |
| Vitamin B-12.....mcg                  | 0.22                                  |            | 0              |            | 1   | 0.07      | 0.27      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 2              |            | 1   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 2              |            | 1   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 2              |            | 1   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 6.070                                 |            | 0              |            | 1   | 2.064     | 7.345     |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0              |            | 1   | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.180                                 |            | 0              |            | 1   | 0.061     | 0.218     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 4.380                                 |            | 0              |            | 1   | 1.489     | 5.300     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 1.160                                 |            | 0              |            | 1   | 0.394     | 1.404     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05204

Turkey, fryer-roasters, skin only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 9.920                                 |            | 0                     |            | 1           |   | 3.373     | 12.003    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.720                                 |            | 0                     |            | 1           |   | 0.585     | 2.081     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 7.990                                 |            | 0                     |            | 1           |   | 2.717     | 9.668     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 5.330                                 |            | 0                     |            | 1           |   | 1.812     | 6.449     |           |
| 18:2 undifferentiated.....g              | 4.820                                 |            | 0                     |            | 1           |   | 1.639     | 5.832     |           |
| 18:3 undifferentiated.....g              | 0.360                                 |            | 0                     |            | 1           |   | 0.122     | 0.436     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1           |   | 0.020     | 0.073     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 144                                   | 9.459      | 6                     |            | 1           |   | 49        | 174       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.167                                 |            | 0                     |            | 1           |   | 0.057     | 0.202     |           |
| Threonine.....g                          | 0.747                                 |            | 0                     |            | 1           |   | 0.254     | 0.904     |           |
| Isoleucine.....g                         | 0.673                                 |            | 0                     |            | 1           |   | 0.229     | 0.814     |           |
| Leucine.....g                            | 1.229                                 |            | 0                     |            | 1           |   | 0.418     | 1.487     |           |
| Lysine.....g                             | 1.250                                 |            | 0                     |            | 1           |   | 0.425     | 1.513     |           |
| Methionine.....g                         | 0.419                                 |            | 0                     |            | 1           |   | 0.142     | 0.507     |           |
| Cystine.....g                            | 0.348                                 |            | 0                     |            | 1           |   | 0.118     | 0.421     |           |
| Phenylalanine.....g                      | 0.707                                 |            | 0                     |            | 1           |   | 0.240     | 0.855     |           |
| Tyrosine.....g                           | 0.476                                 |            | 0                     |            | 1           |   | 0.162     | 0.576     |           |
| Valine.....g                             | 0.881                                 |            | 0                     |            | 1           |   | 0.300     | 1.066     |           |
| Arginine.....g                           | 1.615                                 |            | 0                     |            | 1           |   | 0.549     | 1.954     |           |
| Histidine.....g                          | 0.402                                 |            | 0                     |            | 1           |   | 0.137     | 0.486     |           |
| Alanine.....g                            | 1.698                                 |            | 0                     |            | 1           |   | 0.577     | 2.055     |           |
| Aspartic acid.....g                      | 1.873                                 |            | 0                     |            | 1           |   | 0.637     | 2.266     |           |
| Glutamic acid.....g                      | 2.603                                 |            | 0                     |            | 1           |   | 0.885     | 3.150     |           |
| Glycine.....g                            | 3.340                                 |            | 0                     |            | 1           |   | 1.136     | 4.041     |           |
| Proline.....g                            | 1.953                                 |            | 0                     |            | 1           |   | 0.664     | 2.363     |           |
| Serine.....g                             | 0.851                                 |            | 0                     |            | 1           |   | 0.289     | 1.030     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 121g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Turkey, fryer-roasters, skin only, raw**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
|                                       |                                       |            |                |            | Confidence Code                                     |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 59.86                                 | 1.160      | 6              |            | 1   | 22.75     | 79.61     |           |
| Energy.....kcal                       | 283                                   |            | 0              | NC         | 4   | 108       | 376       |           |
| Energy.....kj                         | 1184                                  |            |                |            | 4   | 450       | 1575      |           |
| Protein (N x 6.25).....g              | 16.60                                 | 0.347      | 6              |            | 1   | 6.31      | 22.08     |           |
| Total lipid (fat).....g               | 23.54                                 | 1.654      | 6              |            | 1   | 8.95      | 31.31     |           |
| Ash.....g                             | 0.48                                  | 0.011      | 6              |            | 1   | 0.18      | 0.64      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 19                                    | 0.347      | 6              |            | 1   | 7         | 25        |           |
| Iron, Fe.....mg                       | 1.29                                  | 0.087      | 6              |            | 1   | 0.49      | 1.72      |           |
| Magnesium, Mg.....mg                  | 10                                    | 0.206      | 6              |            | 1   | 4         | 13        |           |
| Phosphorus, P.....mg                  | 97                                    | 1.978      | 6              |            | 1   | 37        | 129       |           |
| Potassium, K.....mg                   | 121                                   | 4.966      | 6              |            | 1   | 46        | 161       |           |
| Sodium, Na.....mg                     | 35                                    | 1.811      | 6              |            | 1   | 13        | 47        |           |
| Zinc, Zn.....mg                       | 1.60                                  |            | 2              |            | 1   | 0.61      | 2.13      |           |
| Copper, Cu.....mg                     | 0.134                                 |            | 2              |            | 1   | 0.051     | 0.178     |           |
| Manganese, Mn.....mg                  | 0.015                                 |            | 2              |            | 1   | 0.006     | 0.020     |           |
| Selenium, Se.....mcg                  | 15.2                                  |            | 0              | BFNN       | 4   | 5.8       | 20.2      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.021                                 | 0.001      | 6              |            | 1   | 0.008     | 0.028     |           |
| Riboflavin.....mg                     | 0.093                                 | 0.005      | 6              |            | 1   | 0.035     | 0.124     |           |
| Niacin.....mg                         | 1.765                                 | 0.207      | 6              |            | 1   | 0.671     | 2.347     |           |
| Pantothenic acid.....mg               | 0.329                                 |            | 0              |            | 1   | 0.125     | 0.438     |           |
| Vitamin B-6.....mg                    | 0.090                                 |            | 0              |            | 1   | 0.034     | 0.120     |           |
| Folate, total.....mcg                 | 5                                     |            | 0              |            | 1   | 2         | 7         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 5                                     |            | 0              |            | 1   | 2         | 7         |           |
| Folate, DFE.....mcg_DFE               | 5                                     |            | 0              | NC         | 4   | 2         | 7         |           |
| Vitamin B-12.....mcg                  | 0.31                                  |            | 0              |            | 1   | 0.12      | 0.41      |           |
| Vitamin A, IU.....IU                  | 33                                    |            | 2              |            | 1   | 13        | 44        |           |
| Vitamin A, RAE.....mcg_RAE            | 10                                    |            | 2              |            | 1   | 4         | 13        |           |
| Retinol.....mcg                       | 10                                    |            | 2              |            | 1   | 4         | 13        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 6.140                                 |            | 0              |            | 1   | 2.333     | 8.166     |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0              |            | 1   | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.180                                 | 0.011      | 14             |            | 1   | 0.068     | 0.239     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 4.430                                 | 0.229      | 14             |            | 1   | 1.683     | 5.892     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 1.170                                 | 0.067      | 14             |            | 1   | 0.445     | 1.556     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

**NDB No. 05203**  
**Turkey, fryer-roasters, skin only, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 10.030                                |            | 0                     |            | 1           |   | 3.811     | 13.340    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 1.740                                 | 0.108      | 14                    |            | 1           |   | 0.661     | 2.314     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 8.080                                 | 0.402      | 14                    |            | 1           |   | 3.070     | 10.746    |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 5.390                                 |            | 0                     |            | 1           |   | 2.048     | 7.169     |           |
| 18:2 undifferentiated.....g              | 4.870                                 | 0.255      | 14                    |            | 1           |   | 1.851     | 6.477     |           |
| 18:3 undifferentiated.....g              | 0.360                                 | 0.028      | 11                    |            | 1           |   | 0.137     | 0.479     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 | 0.007      | 10                    |            | 1           |   | 0.023     | 0.080     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 139                                   | 6.763      | 6                     |            | 1           |   | 53        | 185       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.133                                 |            | 0                     |            | 1           |   | 0.051     | 0.177     |           |
| Threonine.....g                          | 0.592                                 |            | 0                     |            | 1           |   | 0.225     | 0.787     |           |
| Isoleucine.....g                         | 0.534                                 |            | 0                     |            | 1           |   | 0.203     | 0.710     |           |
| Leucine.....g                            | 0.974                                 |            | 0                     |            | 1           |   | 0.370     | 1.295     |           |
| Lysine.....g                             | 0.990                                 |            | 0                     |            | 1           |   | 0.376     | 1.317     |           |
| Methionine.....g                         | 0.332                                 |            | 0                     |            | 1           |   | 0.126     | 0.442     |           |
| Cystine.....g                            | 0.276                                 |            | 0                     |            | 1           |   | 0.105     | 0.367     |           |
| Phenylalanine.....g                      | 0.560                                 |            | 0                     |            | 1           |   | 0.213     | 0.745     |           |
| Tyrosine.....g                           | 0.377                                 |            | 0                     |            | 1           |   | 0.143     | 0.501     |           |
| Valine.....g                             | 0.698                                 |            | 0                     |            | 1           |   | 0.265     | 0.928     |           |
| Arginine.....g                           | 1.280                                 |            | 0                     |            | 1           |   | 0.486     | 1.702     |           |
| Histidine.....g                          | 0.319                                 |            | 0                     |            | 1           |   | 0.121     | 0.424     |           |
| Alanine.....g                            | 1.346                                 |            | 0                     |            | 1           |   | 0.511     | 1.790     |           |
| Aspartic acid.....g                      | 1.484                                 |            | 0                     |            | 1           |   | 0.564     | 1.974     |           |
| Glutamic acid.....g                      | 2.063                                 |            | 0                     |            | 1           |   | 0.784     | 2.744     |           |
| Glycine.....g                            | 2.647                                 |            | 0                     |            | 1           |   | 1.006     | 3.521     |           |
| Proline.....g                            | 1.548                                 |            | 0                     |            | 1           |   | 0.588     | 2.059     |           |
| Serine.....g                             | 0.674                                 |            | 0                     |            | 1           |   | 0.256     | 0.896     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

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

Measure 2 = 133g: .5 turkey, skin only

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, wing, meat and skin, cooked, roasted**

NDB No. 05226

Turkey, fryer-roasters, wing, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |                  |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|------------------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1                          | Measure 2 | measures of food |
|  |                                       |            |                             |               |                |                    |                                    |           | Measure 3        |
| Fatty acids, total monounsaturated.....g | 3.620                                 |            | 0                           |               | 1              |                    | 0.905                              | 3.258     |                  |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 16:1 undifferentiated.....g              | 0.610                                 |            | 0                           |               | 1              |                    | 0.153                              | 0.549     |                  |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 18:1 undifferentiated.....g              | 2.920                                 |            | 0                           |               | 1              |                    | 0.730                              | 2.628     |                  |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1              |                    | 0.003                              | 0.009     |                  |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.003                              | 0.009     |                  |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Fatty acids, total polyunsaturated.....g | 2.350                                 |            | 0                           |               | 1              |                    | 0.588                              | 2.115     |                  |
| 18:2 undifferentiated.....g              | 1.970                                 |            | 0                           |               | 1              |                    | 0.493                              | 1.773     |                  |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0                           |               | 1              |                    | 0.033                              | 0.117     |                  |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0                           |               | 1              |                    | 0.035                              | 0.126     |                  |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |                  |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                           |               | 1              |                    | 0.005                              | 0.018     |                  |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                           |               | 1              |                    | 0.005                              | 0.018     |                  |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |                  |
| Cholesterol.....mg                       | 115                                   | 2.832      | 6                           |               | 1              |                    | 29                                 | 104       |                  |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |                  |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Tryptophan.....g                         | 0.291                                 |            | 0                           |               | 1              |                    | 0.073                              | 0.262     |                  |
| Threonine.....g                          | 1.170                                 |            | 0                           |               | 1              |                    | 0.293                              | 1.053     |                  |
| Isoleucine.....g                         | 1.303                                 |            | 0                           |               | 1              |                    | 0.326                              | 1.173     |                  |
| Leucine.....g                            | 2.061                                 |            | 0                           |               | 1              |                    | 0.515                              | 1.855     |                  |
| Lysine.....g                             | 2.371                                 |            | 0                           |               | 1              |                    | 0.593                              | 2.134     |                  |
| Methionine.....g                         | 0.740                                 |            | 0                           |               | 1              |                    | 0.185                              | 0.666     |                  |
| Cystine.....g                            | 0.330                                 |            | 0                           |               | 1              |                    | 0.083                              | 0.297     |                  |
| Phenylalanine.....g                      | 1.057                                 |            | 0                           |               | 1              |                    | 0.264                              | 0.951     |                  |
| Tyrosine.....g                           | 0.979                                 |            | 0                           |               | 1              |                    | 0.245                              | 0.881     |                  |
| Valine.....g                             | 1.394                                 |            | 0                           |               | 1              |                    | 0.349                              | 1.255     |                  |
| Arginine.....g                           | 1.979                                 |            | 0                           |               | 1              |                    | 0.495                              | 1.781     |                  |
| Histidine.....g                          | 0.781                                 |            | 0                           |               | 1              |                    | 0.195                              | 0.703     |                  |
| Alanine.....g                            | 1.842                                 |            | 0                           |               | 1              |                    | 0.461                              | 1.658     |                  |
| Aspartic acid.....g                      | 2.633                                 |            | 0                           |               | 1              |                    | 0.658                              | 2.370     |                  |
| Glutamic acid.....g                      | 4.249                                 |            | 0                           |               | 1              |                    | 1.062                              | 3.824     |                  |
| Glycine.....g                            | 2.118                                 |            | 0                           |               | 1              |                    | 0.530                              | 1.906     |                  |
| Proline.....g                            | 1.501                                 |            | 0                           |               | 1              |                    | 0.375                              | 1.351     |                  |
| Serine.....g                             | 1.204                                 |            | 0                           |               | 1              |                    | 0.301                              | 1.084     |                  |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |                  |

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

#### Common Measures:

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

Measure 2 = 90g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05225

Turkey, fryer-roasters, wing, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.090                                 |            | 0                     |            | 1           |   | 1.112     | 3.955     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.530                                 |            | 0                     |            | 1           |   | 0.191     | 0.678     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.490                                 |            | 0                     |            | 1           |   | 0.896     | 3.187     |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.800                                 |            | 0                     |            | 1           |   | 0.648     | 2.304     |           |
| 18:2 undifferentiated.....g              | 1.570                                 |            | 0                     |            | 1           |   | 0.565     | 2.010     |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1           |   | 0.040     | 0.141     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1           |   | 0.022     | 0.077     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.004     | 0.013     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.004     | 0.013     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 98                                    | 1.823      | 6                     |            | 1           |   | 35        | 125       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.220                                 |            | 0                     |            | 1           |   | 0.079     | 0.282     |           |
| Threonine.....g                          | 0.884                                 |            | 0                     |            | 1           |   | 0.318     | 1.132     |           |
| Isoleucine.....g                         | 0.987                                 |            | 0                     |            | 1           |   | 0.355     | 1.263     |           |
| Leucine.....g                            | 1.559                                 |            | 0                     |            | 1           |   | 0.561     | 1.996     |           |
| Lysine.....g                             | 1.796                                 |            | 0                     |            | 1           |   | 0.647     | 2.299     |           |
| Methionine.....g                         | 0.560                                 |            | 0                     |            | 1           |   | 0.202     | 0.717     |           |
| Cystine.....g                            | 0.247                                 |            | 0                     |            | 1           |   | 0.089     | 0.316     |           |
| Phenylalanine.....g                      | 0.798                                 |            | 0                     |            | 1           |   | 0.287     | 1.021     |           |
| Tyrosine.....g                           | 0.742                                 |            | 0                     |            | 1           |   | 0.267     | 0.950     |           |
| Valine.....g                             | 1.053                                 |            | 0                     |            | 1           |   | 0.379     | 1.348     |           |
| Arginine.....g                           | 1.490                                 |            | 0                     |            | 1           |   | 0.536     | 1.907     |           |
| Histidine.....g                          | 0.592                                 |            | 0                     |            | 1           |   | 0.213     | 0.758     |           |
| Alanine.....g                            | 1.384                                 |            | 0                     |            | 1           |   | 0.498     | 1.772     |           |
| Aspartic acid.....g                      | 1.987                                 |            | 0                     |            | 1           |   | 0.715     | 2.543     |           |
| Glutamic acid.....g                      | 3.212                                 |            | 0                     |            | 1           |   | 1.156     | 4.111     |           |
| Glycine.....g                            | 1.570                                 |            | 0                     |            | 1           |   | 0.565     | 2.010     |           |
| Proline.....g                            | 1.119                                 |            | 0                     |            | 1           |   | 0.403     | 1.432     |           |
| Serine.....g                             | 0.908                                 |            | 0                     |            | 1           |   | 0.327     | 1.162     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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#### Common Measures:

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

Measure 2 = 128g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05228

Turkey, fryer-roasters, wing, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.600                                 |            | 0                     |            | 1           |   | 0.102     | 0.360     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 1           |   | 0.014     | 0.048     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.500                                 |            | 0                     |            | 1           |   | 0.085     | 0.300     |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1           |   | 0.003     | 0.012     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.003     | 0.012     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.920                                 |            | 0                     |            | 1           |   | 0.156     | 0.552     |           |
| 18:2 undifferentiated.....g              | 0.610                                 |            | 0                     |            | 1           |   | 0.104     | 0.366     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.003     | 0.012     |           |
| 18:4.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.180                                 |            | 0                     |            | 1           |   | 0.031     | 0.108     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1           |   | 0.005     | 0.018     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1           |   | 0.007     | 0.024     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 102                                   | 3.124      | 6                     |            | 1           |   | 17        | 61        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.350                                 |            | 0                     |            | 1           |   | 0.060     | 0.210     |           |
| Threonine.....g                          | 1.372                                 |            | 0                     |            | 1           |   | 0.233     | 0.823     |           |
| Isoleucine.....g                         | 1.604                                 |            | 0                     |            | 1           |   | 0.273     | 0.962     |           |
| Leucine.....g                            | 2.458                                 |            | 0                     |            | 1           |   | 0.418     | 1.475     |           |
| Lysine.....g                             | 2.907                                 |            | 0                     |            | 1           |   | 0.494     | 1.744     |           |
| Methionine.....g                         | 0.893                                 |            | 0                     |            | 1           |   | 0.152     | 0.536     |           |
| Cystine.....g                            | 0.321                                 |            | 0                     |            | 1           |   | 0.055     | 0.193     |           |
| Phenylalanine.....g                      | 1.224                                 |            | 0                     |            | 1           |   | 0.208     | 0.734     |           |
| Tyrosine.....g                           | 1.219                                 |            | 0                     |            | 1           |   | 0.207     | 0.731     |           |
| Valine.....g                             | 1.639                                 |            | 0                     |            | 1           |   | 0.279     | 0.983     |           |
| Arginine.....g                           | 2.152                                 |            | 0                     |            | 1           |   | 0.366     | 1.291     |           |
| Histidine.....g                          | 0.963                                 |            | 0                     |            | 1           |   | 0.164     | 0.578     |           |
| Alanine.....g                            | 1.910                                 |            | 0                     |            | 1           |   | 0.325     | 1.146     |           |
| Aspartic acid.....g                      | 2.996                                 |            | 0                     |            | 1           |   | 0.509     | 1.798     |           |
| Glutamic acid.....g                      | 5.035                                 |            | 0                     |            | 1           |   | 0.856     | 3.021     |           |
| Glycine.....g                            | 1.530                                 |            | 0                     |            | 1           |   | 0.260     | 0.918     |           |
| Proline.....g                            | 1.283                                 |            | 0                     |            | 1           |   | 0.218     | 0.770     |           |
| Serine.....g                             | 1.372                                 |            | 0                     |            | 1           |   | 0.233     | 0.823     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   | 0.000     | 0.000     |           |

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#### Common Measures:

Measure 1 = 17g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 60g: 1 wing, bone and skin removed



**NDB No. 05228**  
**Turkey, fryer-roasters, wing, meat only, cooked, roasted**

**Calories Factors:** **Protein** 4.27                      **Fat** 9.02                      **Carbohydrate** 3.87  
**Food Group:** 05 Poultry Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, fryer-roasters, wing, 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 |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
|                                       |                                       |            |                |            | Confidence Code                                     |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 75.82                                 | 0.144      | 8              |            | 1   | 19.71     | 68.24     |           |
| Energy.....kcal                       | 106                                   |            | 0              | NC         | 4   | 28        | 95        |           |
| Energy.....kj                         | 444                                   |            |                |            | 4   | 115       | 399       |           |
| Protein (N x 6.25).....g              | 22.49                                 | 0.106      | 8              |            | 1   | 5.85      | 20.24     |           |
| Total lipid (fat).....g               | 1.12                                  | 0.147      | 8              |            | 1   | 0.29      | 1.01      |           |
| Ash.....g                             | 0.77                                  | 0.009      | 6              |            | 1   | 0.20      | 0.69      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 12                                    | 0.369      | 6              |            | 1   | 3         | 11        |           |
| Iron, Fe.....mg                       | 1.43                                  | 0.128      | 6              |            | 1   | 0.37      | 1.29      |           |
| Magnesium, Mg.....mg                  | 21                                    | 0.165      | 6              |            | 1   | 5         | 19        |           |
| Phosphorus, P.....mg                  | 156                                   | 3.442      | 6              |            | 1   | 41        | 140       |           |
| Potassium, K.....mg                   | 201                                   | 2.567      | 6              |            | 1   | 52        | 181       |           |
| Sodium, Na.....mg                     | 65                                    | 1.812      | 6              |            | 1   | 17        | 59        |           |
| Zinc, Zn.....mg                       | 2.04                                  |            | 2              |            | 1   | 0.53      | 1.84      |           |
| Copper, Cu.....mg                     | 0.126                                 |            | 2              |            | 1   | 0.033     | 0.113     |           |
| Manganese, Mn.....mg                  | 0.017                                 |            | 2              |            | 1   | 0.004     | 0.015     |           |
| Selenium, Se.....mcg                  | 24.4                                  |            | 0              | BFZN       | 4   | 6.3       | 22.0      |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.027                                 | 0.002      | 6              |            | 1   | 0.007     | 0.024     |           |
| Riboflavin.....mg                     | 0.120                                 | 0.009      | 6              |            | 1   | 0.031     | 0.108     |           |
| Niacin.....mg                         | 3.574                                 | 0.160      | 6              |            | 1   | 0.929     | 3.217     |           |
| Pantothenic acid.....mg               | 0.651                                 |            | 0              |            | 1   | 0.169     | 0.586     |           |
| Vitamin B-6.....mg                    | 0.530                                 |            | 0              |            | 1   | 0.138     | 0.477     |           |
| Folate, total.....mcg                 | 7                                     |            | 0              |            | 1   | 2         | 6         |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 7                                     |            | 0              |            | 1   | 2         | 6         |           |
| Folate, DFE.....mcg_DFE               | 7                                     |            | 0              | NC         | 4   | 2         | 6         |           |
| Vitamin B-12.....mcg                  | 0.43                                  |            | 0              |            | 1   | 0.11      | 0.39      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 0.360                                 |            | 0              |            | 1   | 0.094     | 0.324     |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 | 0.001      | 10             |            | 1   | 0.003     | 0.009     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.010                                 | 0.001      | 12             |            | 1   | 0.003     | 0.009     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 0.160                                 | 0.020      | 12             |            | 1   | 0.042     | 0.144     |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 0.110                                 | 0.012      | 12             |            | 1   | 0.029     | 0.099     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05227

Turkey, fryer-roasters, wing, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 0.200                                 |            | 0              |            | 1           |                 | 0.052   | 0.180     |           |
| 14:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.030                                 | 0.005      | 12             |            | 1           |                 | 0.008   | 0.027     |           |
| 17:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.160                                 | 0.019      | 12             |            | 1           |                 | 0.042   | 0.144     |           |
| 20:1.....g                               | 0.010                                 | 0.001      | 10             |            | 1           |                 | 0.003   | 0.009     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.001      | 10             |            | 1           |                 | 0.003   | 0.009     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.300                                 |            | 0              |            | 1           |                 | 0.078   | 0.270     |           |
| 18:2 undifferentiated.....g              | 0.200                                 | 0.024      | 12             |            | 1           |                 | 0.052   | 0.180     |           |
| 18:3 undifferentiated.....g              | 0.010                                 | 0.002      | 12             |            | 1           |                 | 0.003   | 0.009     |           |
| 18:4.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.060                                 | 0.009      | 11             |            | 1           |                 | 0.016   | 0.054     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |                 | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 | 0.002      | 10             |            | 1           |                 | 0.003   | 0.009     |           |
| 22:6 n-3.....g                           | 0.010                                 | 0.004      | 10             |            | 1           |                 | 0.003   | 0.009     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 81                                    | 3.060      | 6              |            | 1           |                 | 21  | 73        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |                 |   |           |           |
| Amino Acids:                             |                                       |            |                |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.255                                 |            | 0              |            | 1           |                 | 0.066   | 0.230     |           |
| Threonine.....g                          | 1.000                                 |            | 0              |            | 1           |                 | 0.260   | 0.900     |           |
| Isoleucine.....g                         | 1.169                                 |            | 0              |            | 1           |                 | 0.304   | 1.052     |           |
| Leucine.....g                            | 1.792                                 |            | 0              |            | 1           |                 | 0.466   | 1.613     |           |
| Lysine.....g                             | 2.119                                 |            | 0              |            | 1           |                 | 0.551   | 1.907     |           |
| Methionine.....g                         | 0.651                                 |            | 0              |            | 1           |                 | 0.169   | 0.586     |           |
| Cystine.....g                            | 0.234                                 |            | 0              |            | 1           |                 | 0.061   | 0.211     |           |
| Phenylalanine.....g                      | 0.892                                 |            | 0              |            | 1           |                 | 0.232   | 0.803     |           |
| Tyrosine.....g                           | 0.889                                 |            | 0              |            | 1           |                 | 0.231   | 0.800     |           |
| Valine.....g                             | 1.195                                 |            | 0              |            | 1           |                 | 0.311   | 1.076     |           |
| Arginine.....g                           | 1.569                                 |            | 0              |            | 1           |                 | 0.408   | 1.412     |           |
| Histidine.....g                          | 0.702                                 |            | 0              |            | 1           |                 | 0.183   | 0.632     |           |
| Alanine.....g                            | 1.392                                 |            | 0              |            | 1           |                 | 0.362   | 1.253     |           |
| Aspartic acid.....g                      | 2.184                                 |            | 0              |            | 1           |                 | 0.568   | 1.966     |           |
| Glutamic acid.....g                      | 3.670                                 |            | 0              |            | 1           |                 | 0.954   | 3.303     |           |
| Glycine.....g                            | 1.115                                 |            | 0              |            | 1           |                 | 0.290   | 1.004     |           |
| Proline.....g                            | 0.935                                 |            | 0              |            | 1           |                 | 0.243   | 0.842     |           |
| Serine.....g                             | 1.000                                 |            | 0              |            | 1           |                 | 0.260   | 0.900     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |                 |   |           |           |

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

#### Common Measures:

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

Measure 2 = 90g: 1 wing, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, gizzard, all classes, cooked, simmered**

NDB No. 05174

Turkey, gizzard, all classes, cooked, simmered

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.210                                 |            | 1              | A          | 1           |   | 1.016     | 1.755     |           |
| 14:1.....g                               | 0.007                                 |            | 1              | A          | 1           |   | 0.006     | 0.010     |           |
| 15:1.....g                               | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.224                                 |            | 1              | A          | 1           |   | 0.188     | 0.325     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.969                                 |            | 1              | A          | 1           |   | 0.814     | 1.405     |           |
| 20:1.....g                               | 0.010                                 |            | 1              | A          | 1           |   | 0.008     | 0.015     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.503                                 |            | 1              | A          | 1           |   | 0.423     | 0.729     |           |
| 18:2 undifferentiated.....g              | 0.410                                 |            | 1              | A          | 1           |   | 0.344     | 0.595     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0              | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.010                                 |            | 1              | A          | 1           |   | 0.008     | 0.015     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.065                                 |            | 1              | A          | 1           |   | 0.055     | 0.094     |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Cholesterol.....mg                       | 203                                   |            | 1              | A          | 1           |   | 171       | 294       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 84g: 1 gizzard

Measure 2 = 145g: 1 cup, chopped or diced

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05173**  
**Turkey, gizzard, all classes, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.588                                 |            | 1              | A     | 1      |   | 1.572     |           |           |
| 14:1.....g                               | 0.007                                 |            | 1              | A     | 1      |   | 0.007     |           |           |
| 15:1.....g                               | 0.005                                 |            | 1              | A     | 1      |   | 0.005     |           |           |
| 16:1 undifferentiated.....g              | 0.240                                 |            | 1              | A     | 1      |   | 0.238     |           |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.328                                 |            | 1              | A     | 1      |   | 1.315     |           |           |
| 20:1.....g                               | 0.013                                 |            | 1              | A     | 1      |   | 0.013     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.777                                 |            | 1              | A     | 1      |   | 0.769     |           |           |
| 18:2 undifferentiated.....g              | 0.638                                 |            | 1              | A     | 1      |   | 0.632     |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0              | A     | 1      |   | 0.000     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 1              | A     | 1      |   | 0.000     |           |           |
| 18:3i.....g                              |                                       |            |                |       |        |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       | 0.011                                 |            | 1              | A     | 1      |   | 0.011     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1              | A     | 1      |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 1              | A     | 1      |   | 0.099     |           |           |
| 20:4 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     |           |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 1              | A     | 1      |   | 0.000     |           |           |
| Cholesterol.....mg                       | 197                                   |            | 1              | A     | 1      |   | 195       |           |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |                |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              | Z     | 7      |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z     | 7      |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1              | A     | 1      |   | 0.000     |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1              | A     | 1      |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1              | A     | 1      |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 1              | A     | 1      |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     |           |           |

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

**Common Measures:**

Measure 1 = 99g: 1 gizzard

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, heart, all classes, cooked, simmered**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 71.98                                 |            | 1                     | A          | 1   |                 | 15.12     | 104.37    |           |
| Energy.....kcal                       | 136                                   |            | 0                     | NC         | 4   |                 | 29        | 197       |           |
| Energy.....kj                         | 570                                   |            | 0                     | NC         | 4   |                 | 120       | 826       |           |
| Protein (N x 6.25).....g              | 21.47                                 |            | 1                     | A          | 1   |                 | 4.51      | 31.14     |           |
| Total lipid (fat).....g               | 4.64                                  |            | 1                     | A          | 1   |                 | 0.97      | 6.73      |           |
| Ash.....g                             | 1.23                                  |            | 1                     | A          | 1   |                 | 0.26      | 1.78      |           |
| Carbohydrate, by difference.....g     | 0.68                                  |            | 0                     | NC         | 4   |                 | 0.14      | 0.99      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 7                                     |            | 1                     | A          | 1   |                 | 2         | 11        |           |
| Iron, Fe.....mg                       | 5.20                                  |            | 1                     | A          | 1   |                 | 1.09      | 7.54      |           |
| Magnesium, Mg.....mg                  | 26                                    |            | 1                     | A          | 1   |                 | 5         | 37        |           |
| Phosphorus, P.....mg                  | 259                                   |            | 1                     | A          | 1   |                 | 54        | 376       |           |
| Potassium, K.....mg                   | 291                                   |            | 1                     | A          | 1   |                 | 61        | 422       |           |
| Sodium, Na.....mg                     | 90                                    |            | 1                     | A          | 1   |                 | 19        | 131       |           |
| Zinc, Zn.....mg                       | 4.45                                  |            | 1                     | A          | 1   |                 | 0.93      | 6.45      |           |
| Copper, Cu.....mg                     | 0.492                                 |            | 1                     | A          | 1   |                 | 0.103     | 0.713     |           |
| Manganese, Mn.....mg                  | 0.065                                 |            | 1                     | A          | 1   |                 | 0.014     | 0.094     |           |
| Selenium, Se.....mcg                  | 45.5                                  |            | 1                     | A          | 1   |                 | 9.6       | 66.0      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 2.8                                   |            | 1                     | A          | 1   |                 | 0.6       | 4.1       |           |
| Thiamin.....mg                        | 0.034                                 |            | 1                     | A          | 1   |                 | 0.007     | 0.050     |           |
| Riboflavin.....mg                     | 1.040                                 |            | 1                     | A          | 1   |                 | 0.218     | 1.508     |           |
| Niacin.....mg                         | 3.380                                 |            | 1                     | A          | 1   |                 | 0.710     | 4.901     |           |
| Pantothenic acid.....mg               | 1.580                                 |            | 1                     | A          | 1   |                 | 0.332     | 2.291     |           |
| Vitamin B-6.....mg                    | 0.423                                 |            | 1                     | A          | 1   |                 | 0.089     | 0.613     |           |
| Folate, total.....mcg                 | 8                                     |            | 1                     | A          | 1   |                 | 2         | 12        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 8                                     |            | 1                     | A          | 1   |                 | 2         | 12        |           |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0                     | NC         | 4   |                 | 2         | 12        |           |
| Vitamin B-12.....mcg                  | 21.70                                 |            | 1                     | A          | 1   |                 | 4.56      | 31.47     |           |
| Vitamin A, IU.....IU                  | 64                                    |            | 0                     | AS         | 1   |                 | 13        | 92        |           |
| Vitamin A, RAE.....mcg_RAE            | 19                                    |            | 0                     | AS         | 1   |                 | 4         | 28        |           |
| Retinol.....mcg                       | 19                                    |            | 1                     | A          | 1   |                 | 4         | 28        |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.05                                  |            | 2                     | A          | 1   |                 | 0.01      | 0.07      |           |
| Tocopherol, beta.....mg               | 0.00                                  |            | 2                     | A          | 1   |                 | 0.00      | 0.00      |           |
| Tocopherol, gamma.....mg              | 0.13                                  |            | 2                     | A          | 1   |                 | 0.03      | 0.19      |           |
| Tocopherol, delta.....mg              | 0.00                                  |            | 2                     | A          | 1   |                 | 0.00      | 0.00      |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.0                                   |            | 2                     | A          | 1   |                 | 0.0       | 0.0       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 1.289                                 |            | 1                     | A          | 1   |                 | 0.271     | 1.869     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
|                                       |                                       |            |                       |            |   |                 |           |           |           |



NDB No. 05176

Turkey, heart, all classes, cooked, simmered

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.138                                 |            | 1              | A          | 1           |   | 0.239     | 1.650     |           |
| 14:1.....g                               | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| 15:1.....g                               | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 0.153                                 |            | 1              | A          | 1           |   | 0.032     | 0.222     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.975                                 |            | 1              | A          | 1           |   | 0.205     | 1.414     |           |
| 20:1.....g                               | 0.010                                 |            | 1              | A          | 1           |   | 0.002     | 0.015     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.191                                 |            | 1              | A          | 1           |   | 0.250     | 1.727     |           |
| 18:2 undifferentiated.....g              | 0.835                                 |            | 1              | A          | 1           |   | 0.175     | 1.211     |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0              | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| 18:3i.....g                              |                                       |            |                |            |             |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.014                                 |            | 1              | A          | 1           |   | 0.003     | 0.020     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.318                                 |            | 1              | A          | 1           |   | 0.067     | 0.461     |           |
| 20:4 n-3.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |            |             |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Cholesterol.....mg                       | 184                                   |            | 1              | A          | 1           |   | 39        | 267       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1              | A          | 1           |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 32                                    |            | 1              | A          | 1           |   | 6.720     | 46.400    |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 21g: 1 heart

Measure 2 = 145g: 1 cup, chopped or diced

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05175**  
**Turkey, heart, all classes, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 1.391                                 |            | 1                     | A          | 1           |                 | 0.376   |           |           |
| 14:1.....g                               | 0.006                                 |            | 1                     | A          | 1           |                 | 0.002   |           |           |
| 15:1.....g                               | 0.000                                 |            | 1                     | A          | 1           |                 | 0.000   |           |           |
| 16:1 undifferentiated.....g              | 0.206                                 |            | 1                     | A          | 1           |                 | 0.056   |           |           |
| 17:1.....g                               |                                       |            |                       |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 1.168                                 |            | 1                     | A          | 1           |                 | 0.315   |           |           |
| 20:1.....g                               | 0.011                                 |            | 1                     | A          | 1           |                 | 0.003   |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   |           |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.272                                 |            | 1                     | A          | 1           |                 | 0.343   |           |           |
| 18:2 undifferentiated.....g              | 0.934                                 |            | 1                     | A          | 1           |                 | 0.252   |           |           |
| 18:3 undifferentiated.....g              | 0.005                                 |            | 0                     | A          | 1           |                 | 0.001   |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.005                                 |            | 1                     | A          | 1           |                 | 0.001   |           |           |
| 18:3i.....g                              |                                       |            |                       |            |             |                 |   |           |           |
| 18:4.....g                               | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   |           |           |
| 20:2 n-6 c,c.....g                       | 0.007                                 |            | 1                     | A          | 1           |                 | 0.002   |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1                     | A          | 1           |                 | 0.000   |           |           |
| 20:3 n-3.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:3 n-6.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.296                                 |            | 1                     | A          | 1           |                 | 0.080   |           |           |
| 20:4 n-3.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:4 n-6.....g                           |                                       |            |                       |            |             |                 |   |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     | Z          | 7           |                 | 0.000   |           |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 1                     | A          | 1           |                 | 0.000   |           |           |
| Cholesterol.....mg                       | 147                                   |            | 1                     | A          | 1           |                 | 40  |           |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |                 |   |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |                 |   |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   |           |           |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |                 | 0   |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Carotene, beta.....mcg                   | 23                                    |            | 1                     | A          | 1           |                 | 6.102   |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1                     | A          | 1           |                 | 0.000   |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1                     | A          | 1           |                 | 0.000   |           |           |
| Lycopene.....mcg                         | 21                                    |            | 1                     | A          | 1           |                 | 5.535   |           |           |
| Lutein + zeaxanthin.....mcg              | 30                                    |            | 1                     | A          | 1           |                 | 8.181   |           |           |

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**Common Measures:**

Measure 1 = 27g: 1 heart

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43391

Turkey, light or dark meat, smoked, cooked, skin and bone removed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.036                                 |            | 0              |            | 4           |   |           |           |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.151                                 |            | 0              |            | 4           |   |           |           |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.855                                 |            | 0              |            | 4           |   |           |           |           |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 4           |   |           |           |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0              |            | 4           |   |           |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.439                                 |            | 0              |            | 4           |   |           |           |           |
| 18:2 undifferentiated.....g              | 1.087                                 |            | 0              |            | 4           |   |           |           |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0              |            | 4           |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              |            | 4           |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.211                                 |            | 0              |            | 4           |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   |           |           |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 4           |   |           |           |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |            | 4           |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 76                                    |            | 0              |            | 4           |   |           |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0              |            | 7           |   |           |           |           |
| Caffeine.....mg                          | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Theobromine.....mg                       | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| <b>Carotenoids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lycopene.....mcg                         | 0                                     |            | 0              | Z          | 7           |   |           |           |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z          | 7           |   |           |           |           |

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#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43390

Turkey, light or dark meat, smoked, cooked, with skin, bone removed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.180                                 |            |                       |            | 4           |   |           | 0.902     | 0.541     |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.518                                 |            |                       |            | 4           |   |           | 0.147     | 0.088     |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.582                                 |            |                       |            | 4           |   |           | 0.732     | 0.439     |
| 20:1.....g                               | 0.020                                 |            |                       |            | 4           |   |           | 0.006     | 0.003     |
| 22:1 undifferentiated.....g              | 0.010                                 |            |                       |            | 4           |   |           | 0.003     | 0.002     |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.473                                 |            |                       |            | 4           |   |           | 0.701     | 0.420     |
| 18:2 undifferentiated.....g              | 2.054                                 |            |                       |            | 4           |   |           | 0.582     | 0.349     |
| 18:3 undifferentiated.....g              | 0.110                                 |            |                       |            | 4           |   |           | 0.031     | 0.019     |
| 18:4.....g                               | 0.000                                 |            |                       |            | 4           |   |           | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.199                                 |            |                       |            | 4           |   |           | 0.056     | 0.034     |
| 20:5 n-3.....g                           | 0.000                                 |            |                       |            | 4           |   |           | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.030                                 |            |                       |            | 4           |   |           | 0.009     | 0.005     |
| 22:6 n-3.....g                           | 0.040                                 |            |                       |            | 4           |   |           | 0.011     | 0.007     |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 82                                    |            |                       |            | 4           |   |           | 23        | 14        |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                       |            |             |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |                       |            | 7           |   |           | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0                     | Z          | 7           |   |           | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0                     | Z          | 7           |   |           | 0         | 0         |
| <b>Carotenoids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0                     | Z          | 7           |   |           | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0                     | Z          | 7           |   |           | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0                     | Z          | 7           |   |           | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0                     | Z          | 7           |   |           | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0                     | Z          | 7           |   |           | 0.000     | 0.000     |

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

#### Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Turkey, liver, all classes, cooked, simmered

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |   |                 |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |   |                 |           |           |           |
| Water.....g                           | 56.95                                 |            | 1                     | A          | 1   |                 | 47.27     | 79.73     |           |
| Energy.....kcal                       | 275                                   |            | 0                     | NC         | 4   |                 | 229       | 386       |           |
| Energy.....kj                         | 1152                                  |            | 0                     | NC         | 4   |                 | 956       | 1613      |           |
| Protein (N x 6.25).....g              | 20.02                                 |            | 1                     | A          | 1   |                 | 16.62     | 28.03     |           |
| Total lipid (fat).....g               | 20.54                                 |            | 1                     | A          | 1   |                 | 17.04     | 28.75     |           |
| Ash.....g                             | 1.29                                  |            | 1                     | A          | 1   |                 | 1.07      | 1.80      |           |
| Carbohydrate, by difference.....g     | 1.21                                  |            | 0                     | NC         | 4   |                 | 1.00      | 1.69      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7   |                 | 0.0       | 0.0       |           |
| Sugars, total.....g                   | 0.00                                  |            | 0                     | Z          | 7   |                 | 0.00      | 0.00      |           |
| Starch.....g                          |                                       |            |                       |            |   |                 |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Calcium, Ca.....mg                    | 5                                     |            | 1                     | A          | 1   |                 | 4         | 7         |           |
| Iron, Fe.....mg                       | 10.70                                 |            | 1                     | A          | 1   |                 | 8.88      | 14.98     |           |
| Magnesium, Mg.....mg                  | 17                                    |            | 1                     | A          | 1   |                 | 14        | 24        |           |
| Phosphorus, P.....mg                  | 294                                   |            | 1                     | A          | 1   |                 | 244       | 412       |           |
| Potassium, K.....mg                   | 211                                   |            | 1                     | A          | 1   |                 | 175       | 295       |           |
| Sodium, Na.....mg                     | 56                                    |            | 1                     | A          | 1   |                 | 46        | 78        |           |
| Zinc, Zn.....mg                       | 2.62                                  |            | 1                     | A          | 1   |                 | 2.17      | 3.67      |           |
| Copper, Cu.....mg                     | 0.349                                 |            | 1                     | A          | 1   |                 | 0.290     | 0.489     |           |
| Manganese, Mn.....mg                  | 0.273                                 |            | 1                     | A          | 1   |                 | 0.227     | 0.382     |           |
| Selenium, Se.....mcg                  | 82.5                                  |            | 1                     | A          | 1   |                 | 68.5      | 115.5     |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 22.6                                  |            | 1                     | A          | 1   |                 | 18.8      | 31.6      |           |
| Thiamin.....mg                        | 0.038                                 |            | 1                     | A          | 1   |                 | 0.031     | 0.053     |           |
| Riboflavin.....mg                     | 2.760                                 |            | 1                     | A          | 1   |                 | 2.291     | 3.864     |           |
| Niacin.....mg                         | 10.200                                |            | 1                     | A          | 1   |                 | 8.466     | 14.280    |           |
| Pantothenic acid.....mg               | 4.350                                 |            | 1                     | A          | 1   |                 | 3.611     | 6.090     |           |
| Vitamin B-6.....mg                    | 1.040                                 |            | 1                     | A          | 1   |                 | 0.863     | 1.456     |           |
| Folate, total.....mcg                 | 691                                   |            | 1                     | A          | 1   |                 | 574       | 967       |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7   |                 | 0         | 0         |           |
| Folate, food.....mcg                  | 691                                   |            | 1                     | A          | 1   |                 | 574       | 967       |           |
| Folate, DFE.....mcg_DFE               | 691                                   |            | 0                     | NC         | 4   |                 | 574       | 967       |           |
| Vitamin B-12.....mcg                  | 58.20                                 |            | 1                     | A          | 1   |                 | 48.31     | 81.48     |           |
| Vitamin A, IU.....IU                  | 75333                                 |            | 0                     | AS         | 1   |                 | 62527     | 105467    |           |
| Vitamin A, RAE.....mcg_RAE            | 22600                                 |            | 0                     | AS         | 1   |                 | 18758     | 31640     |           |
| Retinol.....mcg                       | 22600                                 |            | 1                     | A          | 1   |                 | 18758     | 31640     |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.11                                  |            | 2                     | A          | 1   |                 | 0.09      | 0.15      |           |
| Tocopherol, beta.....mg               | 0.00                                  |            | 2                     | A          | 1   |                 | 0.00      | 0.00      |           |
| Tocopherol, gamma.....mg              | 0.17                                  |            | 2                     | A          | 1   |                 | 0.14      | 0.24      |           |
| Tocopherol, delta.....mg              | 0.00                                  |            | 2                     | A          | 1   |                 | 0.00      | 0.00      |           |
| Vitamin D.....IU                      |                                       |            |                       |            |   |                 |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 1.2                                   |            | 2                     | A          | 1   |                 | 1.0       | 1.7       |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total saturated.....g    | 6.947                                 |            | 1                     | A          | 1   |                 | 5.766     | 9.726     |           |
| 4:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 6:0.....g                             | 0.000                                 |            | 0                     | Z          | 7   |                 | 0.000     | 0.000     |           |
| 8:0.....g                             | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 10:0.....g                            | 0.000                                 |            | 1                     | A          | 1   |                 | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 1                     | A          |   |                 |           |           |           |



NDB No. 05178

Turkey, liver, all classes, cooked, simmered

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   | Code  |           |           |           |
| Fatty acids, total monounsaturated.....g | 9.108                                 |            | 1              | A     | 1      |   | 7.560     | 12.751    |           |
| 14:1.....g                               | 0.040                                 |            | 1              | A     | 1      |   | 0.033     | 0.056     |           |
| 15:1.....g                               | 0.000                                 |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| 16:1 undifferentiated.....g              | 1.069                                 |            | 1              | A     | 1      |   | 0.887     | 1.497     |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 7.958                                 |            | 1              | A     | 1      |   | 6.605     | 11.141    |           |
| 20:1.....g                               | 0.041                                 |            | 1              | A     | 1      |   | 0.034     | 0.057     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.022                                 |            | 1              | A     | 1      |   | 1.678     | 2.831     |           |
| 18:2 undifferentiated.....g              | 1.555                                 |            | 1              | A     | 1      |   | 1.291     | 2.177     |           |
| 18:3 undifferentiated.....g              | 0.022                                 |            | 0              | A     | 1      |   | 0.018     | 0.031     |           |
| 18:3 n-6 c,c,c.....g                     | 0.022                                 |            | 1              | A     | 1      |   | 0.018     | 0.031     |           |
| 18:3i.....g                              |                                       |            |                |       |        |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| 20:2 n-6 c,c.....g                       | 0.000                                 |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| 20:3 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.395                                 |            | 1              | A     | 1      |   | 0.328     | 0.553     |           |
| 20:4 n-3.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |                |       |        |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| Cholesterol.....mg                       | 388                                   |            | 1              | A     | 1      |   | 322       | 543       |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| <b>Others:</b>                           |                                       |            |                |       |        |   |           |           |           |
| 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         |           |
| <b>Carotenoids:</b>                      |                                       |            |                |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| Lycopene.....mcg                         | 0                                     |            | 1              | A     | 1      |   | 0.000     | 0.000     |           |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0              | Z     | 7      |   | 0.000     | 0.000     |           |

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

**Common Measures:**

Measure 1 = 83g: 1 liver

Measure 2 = 140g: 1 cup, chopped or diced

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data | Code  | Code   |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |         |       |        |   |           |           |           |
| Water.....g                           | 62.29                                 |            | 1       | A     | 1      |   | 62.29     |           |           |
| Energy.....kcal                       | 232                                   |            | 0       | NC    | 4      |   | 232       |           |           |
| Energy.....kj                         | 973                                   |            | 0       | NC    | 4      |   | 973       |           |           |
| Protein (N x 6.25).....g              | 17.84                                 |            | 1       | A     | 1      |   | 17.84     |           |           |
| Total lipid (fat).....g               | 16.36                                 |            | 1       | A     | 1      |   | 16.36     |           |           |
| Ash.....g                             | 1.25                                  |            | 1       | A     | 1      |   | 1.25      |           |           |
| Carbohydrate, by difference.....g     | 2.26                                  |            | 0       | NC    | 4      |   | 2.26      |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0       | Z     | 7      |   | 0.0       |           |           |
| Sugars, total.....g                   | 0.00                                  |            | 0       | Z     | 7      |   | 0.00      |           |           |
| Starch.....g                          |                                       |            |         |       |        |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Calcium, Ca.....mg                    | 5                                     |            | 1       | A     | 1      |   | 5         |           |           |
| Iron, Fe.....mg                       | 12.00                                 |            | 1       | A     | 1      |   | 12.00     |           |           |
| Magnesium, Mg.....mg                  | 15                                    |            | 1       | A     | 1      |   | 15        |           |           |
| Phosphorus, P.....mg                  | 279                                   |            | 1       | A     | 1      |   | 279       |           |           |
| Potassium, K.....mg                   | 255                                   |            | 1       | A     | 1      |   | 255       |           |           |
| Sodium, Na.....mg                     | 71                                    |            | 1       | A     | 1      |   | 71        |           |           |
| Zinc, Zn.....mg                       | 2.26                                  |            | 1       | A     | 1      |   | 2.26      |           |           |
| Copper, Cu.....mg                     | 0.407                                 |            | 1       | A     | 1      |   | 0.407     |           |           |
| Manganese, Mn.....mg                  | 0.195                                 |            | 1       | A     | 1      |   | 0.195     |           |           |
| Selenium, Se.....mcg                  | 70.8                                  |            | 1       | A     | 1      |   | 70.8      |           |           |
| <b>Vitamins:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 24.5                                  |            | 1       | A     | 1      |   | 24.5      |           |           |
| Thiamin.....mg                        | 0.153                                 |            | 1       | A     | 1      |   | 0.153     |           |           |
| Riboflavin.....mg                     | 2.590                                 |            | 1       | A     | 1      |   | 2.590     |           |           |
| Niacin.....mg                         | 13.500                                |            | 1       | A     | 1      |   | 13.500    |           |           |
| Pantothenic acid.....mg               | 6.280                                 |            | 1       | A     | 1      |   | 6.280     |           |           |
| Vitamin B-6.....mg                    | 1.470                                 |            | 1       | A     | 1      |   | 1.470     |           |           |
| Folate, total.....mcg                 | 677                                   |            | 1       | A     | 1      |   | 677       |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0       | Z     | 7      |   | 0         |           |           |
| Folate, food.....mcg                  | 677                                   |            | 1       | A     | 1      |   | 677       |           |           |
| Folate, DFE.....mcg_DFE               | 677                                   |            | 0       | NC    | 4      |   | 677       |           |           |
| Vitamin B-12.....mcg                  | 49.40                                 |            | 1       | A     | 1      |   | 49.40     |           |           |
| Vitamin A, IU.....IU                  | 72382                                 |            | 0       | AS    | 1      |   | 72382     |           |           |
| Vitamin A, RAE.....mcg_RAE            | 21702                                 |            | 0       | AS    | 1      |   | 21702     |           |           |
| Retinol.....mcg                       | 21700                                 |            | 1       | A     | 1      |   | 21700     |           |           |
| Vitamin E (alpha-tocopherol).....mg   | 0.12                                  |            | 2       | A     | 1      |   | 0.12      |           |           |
| Tocopherol, beta.....mg               | 0.00                                  |            | 2       | A     | 1      |   | 0.00      |           |           |
| Tocopherol, gamma.....mg              | 0.17                                  |            | 2       | A     | 1      |   | 0.17      |           |           |
| Tocopherol, delta.....mg              | 0.00                                  |            | 2       | A     | 1      |   | 0.00      |           |           |
| Vitamin D.....IU                      |                                       |            |         |       |        |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     | 0.8                                   |            | 2       | A     | 1      |   | 0.8       |           |           |
| <b>Lipids:</b>                        |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total saturated.....g    | 5.507                                 |            | 1       | A     | 1      |   | 5.507     |           |           |
| 4:0.....g                             | 0.000                                 |            | 0       | Z     | 7      |   | 0.000     |           |           |
| 6:0.....g                             | 0.000                                 |            | 0       | Z     | 7      |   | 0.000     |           |           |
| 8:0.....g                             | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 10:0.....g                            | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 12:0.....g                            | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 13:0.....g                            |                                       |            |         |       |        |   |           |           |           |
| 14:0.....g                            | 0.088                                 |            | 1       | A     | 1      |   | 0.088     |           |           |
| 15:0.....g                            | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 16:0.....g                            | 3.947                                 |            | 1       | A     | 1      |   | 3.947     |           |           |
| 17:0.....g                            | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 18:0.....g                            | 1.472                                 |            | 1       | A     | 1      |   | 1.472     |           |           |
| 20:0.....g                            | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 22:0.....g                            | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 24:0.....g                            |                                       |            |         |       |        |   |           |           |           |

**NDB No. 05177**  
**Turkey, liver, all classes, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 7.397                                 |            | 1       | A     | 1      |   | 7.397     |           |           |
| 14:1.....g                               | 0.036                                 |            | 1       | A     | 1      |   | 0.036     |           |           |
| 15:1.....g                               | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 16:1 undifferentiated.....g              | 1.024                                 |            | 1       | A     | 1      |   | 1.024     |           |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 6.300                                 |            | 1       | A     | 1      |   | 6.300     |           |           |
| 20:1.....g                               | 0.037                                 |            | 1       | A     | 1      |   | 0.037     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       | Z     | 7      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.650                                 |            | 1       | A     | 1      |   | 1.650     |           |           |
| 18:2 undifferentiated.....g              | 1.280                                 |            | 1       | A     | 1      |   | 1.280     |           |           |
| 18:3 undifferentiated.....g              | 0.000                                 |            | 0       | A     | 1      |   | 0.000     |           |           |
| 18:3 n-6 c,c,c.....g                     | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 18:3i.....g                              |                                       |            |         |       |        |   |           |           |           |
| 18:4.....g                               | 0.000                                 |            | 0       | Z     | 7      |   | 0.000     |           |           |
| 20:2 n-6 c,c.....g                       | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 20:3 undifferentiated.....g              | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| 20:3 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 20:3 n-6.....g                           |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.326                                 |            | 1       | A     | 1      |   | 0.326     |           |           |
| 20:4 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 20:4 n-6.....g                           |                                       |            |         |       |        |   |           |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       | Z     | 7      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       | Z     | 7      |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       | Z     | 7      |   | 0.000     |           |           |
| Fatty acids, total trans.....g           | 0.000                                 |            | 1       | A     | 1      |   | 0.000     |           |           |
| Cholesterol.....mg                       | 331                                   |            | 1       | A     | 1      |   | 331       |           |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b><u>Others:</u></b>                    |                                       |            |         |       |        |   |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            | 0       | Z     | 7      |   | 0.0       |           |           |
| Caffeine.....mg                          | 0                                     |            | 0       | Z     | 7      |   | 0         |           |           |
| Theobromine.....mg                       | 0                                     |            | 0       | Z     | 7      |   | 0         |           |           |
| <b><u>Carotenoids:</u></b>               |                                       |            |         |       |        |   |           |           |           |
| Carotene, beta.....mcg                   | 29                                    |            | 1       | A     | 1      |   | 29.000    |           |           |
| Carotene, alpha.....mcg                  | 0                                     |            | 1       | A     | 1      |   | 0.000     |           |           |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 1       | A     | 1      |   | 0.000     |           |           |
| Lycopene.....mcg                         | 0                                     |            | 1       | A     | 1      |   | 0.000     |           |           |
| Lutein + zeaxanthin.....mcg              | 76                                    |            | 1       | A     | 1      |   | 75.600    |           |           |

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

**Common Measures:**

Measure 1 = 100g: 1 liver

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05304

Turkey, mechanically deboned, from turkey frames, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.020                                 |            | 0       |       | 1      |   | 11.395    |           |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.250                                 |            | 4       |       | 1      |   | 0.568     |           |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 4.770                                 |            | 4       |       | 1      |   | 10.828    |           |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.510                                 |            | 0       |       | 1      |   | 10.238    |           |           |
| 18:2 undifferentiated.....g              | 4.180                                 |            | 4       |       | 1      |   | 9.489     |           |           |
| 18:3 undifferentiated.....g              | 0.330                                 |            | 4       |       | 1      |   | 0.749     |           |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 95                                    |            | 0       |       | 4      |   | 216       |           |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| 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.

#### 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 17 (2004)



NDB No. 43366

Turkey, wing, smoked, cooked, with skin, bone removed

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------------------------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence                         | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |                                    |           |           |           |
|  |                                       |            | Points  |       |        |                                    |           |           |           |
|  |                                       |            |         |       |        |                                    |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.651                                 |            |         |       | 4      |                                    |           | 0.884     | 0.791     |
| 14:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 16:1 undifferentiated.....g              | 0.788                                 |            |         |       | 4      |                                    |           | 0.150     | 0.134     |
| 17:1.....g                               |                                       |            |         |       |        |                                    |           |           |           |
| 18:1 undifferentiated.....g              | 3.753                                 |            |         |       | 4      |                                    |           | 0.713     | 0.638     |
| 20:1.....g                               | 0.010                                 |            |         |       | 4      |                                    |           | 0.002     | 0.002     |
| 22:1 undifferentiated.....g              | 0.010                                 |            |         |       | 4      |                                    |           | 0.002     | 0.002     |
| 24:1 c.....g                             |                                       |            |         |       |        |                                    |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.934                                 |            |         |       | 4      |                                    |           | 0.557     | 0.499     |
| 18:2 undifferentiated.....g              | 2.485                                 |            |         |       | 4      |                                    |           | 0.472     | 0.422     |
| 18:3 undifferentiated.....g              | 0.160                                 |            |         |       | 4      |                                    |           | 0.030     | 0.027     |
| 18:4.....g                               | 0.000                                 |            |         |       | 4      |                                    |           | 0.000     | 0.000     |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |                                    |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |                                    |           |           |           |
| 20:4 undifferentiated.....g              | 0.160                                 |            |         |       | 4      |                                    |           | 0.030     | 0.027     |
| 20:5 n-3.....g                           | 0.000                                 |            |         |       | 4      |                                    |           | 0.000     | 0.000     |
| 22:5 n-3.....g                           | 0.020                                 |            |         |       | 4      |                                    |           | 0.004     | 0.003     |
| 22:6 n-3.....g                           | 0.030                                 |            |         |       | 4      |                                    |           | 0.006     | 0.005     |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |                                    |           |           |           |
| Cholesterol.....mg                       | 81                                    |            |         |       | 4      |                                    |           | 15        | 14        |
| Phytosterols.....mg                      |                                       |            |         |       |        |                                    |           |           |           |
| <b>Others:</b>                           |                                       |            |         |       |        |                                    |           |           |           |
| Alcohol, ethyl.....g                     | 0.0                                   |            |         |       | 7      |                                    |           | 0.0       | 0.0       |
| Caffeine.....mg                          | 0                                     |            | 0       | Z     | 7      |                                    |           | 0         | 0         |
| Theobromine.....mg                       | 0                                     |            | 0       | Z     | 7      |                                    |           | 0         | 0         |
| <b>Carotenoids:</b>                      |                                       |            |         |       |        |                                    |           |           |           |
| Carotene, beta.....mcg                   | 0                                     |            | 0       | Z     | 7      |                                    |           | 0.000     | 0.000     |
| Carotene, alpha.....mcg                  | 0                                     |            | 0       | Z     | 7      |                                    |           | 0.000     | 0.000     |
| Cryptoxanthin, beta.....mcg              | 0                                     |            | 0       | Z     | 7      |                                    |           | 0.000     | 0.000     |
| Lycopene.....mcg                         | 0                                     |            | 0       | Z     | 7      |                                    |           | 0.000     | 0.000     |
| Lutein + zeaxanthin.....mcg              | 0                                     |            | 0       | Z     | 7      |                                    |           | 0.000     | 0.000     |

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#### Common Measures:

Measure 2 = 19g: 1 oz with bone, cooked (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05246

Turkey, young hen, back, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.450                                 |            | 0                     |            | 1   |                 | 11.827    | 1.908     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.910                                 |            | 0                     |            | 1   |                 | 1.975     | 0.319     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 4.420                                 |            | 0                     |            | 1   |                 | 9.591     | 1.547     |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1   |                 | 0.043     | 0.007     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.022     | 0.004     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 4.010                                 |            | 0                     |            | 1   |                 | 8.702     | 1.404     |           |
| 18:2 undifferentiated.....g              | 3.460                                 |            | 0                     |            | 1   |                 | 7.508     | 1.211     |           |
| 18:3 undifferentiated.....g              | 0.200                                 |            | 0                     |            | 1   |                 | 0.434     | 0.070     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.240                                 |            | 0                     |            | 1   |                 | 0.521     | 0.084     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.065     | 0.011     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                     |            | 1   |                 | 0.109     | 0.018     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 85                                    |            | 0                     |            | 1   |                 | 184       | 30        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.286                                 |            | 0                     |            | 1   |                 | 0.621     | 0.100     |           |
| Threonine.....g                          | 1.139                                 |            | 0                     |            | 1   |                 | 2.472     | 0.399     |           |
| Isoleucine.....g                         | 1.292                                 |            | 0                     |            | 1   |                 | 2.804     | 0.452     |           |
| Leucine.....g                            | 2.019                                 |            | 0                     |            | 1   |                 | 4.381     | 0.707     |           |
| Lysine.....g                             | 2.348                                 |            | 0                     |            | 1   |                 | 5.095     | 0.822     |           |
| Methionine.....g                         | 0.728                                 |            | 0                     |            | 1   |                 | 1.580     | 0.255     |           |
| Cystine.....g                            | 0.301                                 |            | 0                     |            | 1   |                 | 0.653     | 0.105     |           |
| Phenylalanine.....g                      | 1.024                                 |            | 0                     |            | 1   |                 | 2.222     | 0.358     |           |
| Tyrosine.....g                           | 0.975                                 |            | 0                     |            | 1   |                 | 2.116     | 0.341     |           |
| Valine.....g                             | 1.358                                 |            | 0                     |            | 1   |                 | 2.947     | 0.475     |           |
| Arginine.....g                           | 1.873                                 |            | 0                     |            | 1   |                 | 4.064     | 0.656     |           |
| Histidine.....g                          | 0.775                                 |            | 0                     |            | 1   |                 | 1.682     | 0.271     |           |
| Alanine.....g                            | 1.714                                 |            | 0                     |            | 1   |                 | 3.719     | 0.600     |           |
| Aspartic acid.....g                      | 2.534                                 |            | 0                     |            | 1   |                 | 5.499     | 0.887     |           |
| Glutamic acid.....g                      | 4.152                                 |            | 0                     |            | 1   |                 | 9.010     | 1.453     |           |
| Glycine.....g                            | 1.758                                 |            | 0                     |            | 1   |                 | 3.815     | 0.615     |           |
| Proline.....g                            | 1.309                                 |            | 0                     |            | 1   |                 | 2.841     | 0.458     |           |
| Serine.....g                             | 1.159                                 |            | 0                     |            | 1   |                 | 2.515     | 0.406     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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#### Common Measures:

Measure 1 = 217g: .5 back, bone removed

Measure 2 = 35g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young hen, back, meat and skin, raw**

[illegible]

NDB No. 05245

Turkey, young hen, back, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        |            | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |            |                                    |           |           |
|  |                                       |            | Points  |       |        |            |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 6.120                                 |            | 0       |       | 1      |            | 18.238                             | 2.876     |           |
| 14:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 15:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 16:1 undifferentiated.....g              | 1.040                                 |            | 0       |       | 1      |            | 3.099                              | 0.489     |           |
| 17:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 18:1 undifferentiated.....g              | 4.940                                 |            | 0       |       | 1      |            | 14.721                             | 2.322     |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |            | 0.030                              | 0.005     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |            | 0.030                              | 0.005     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |            |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 3.890                                 |            | 0       |       | 1      |            | 11.592                             | 1.828     |           |
| 18:2 undifferentiated.....g              | 3.420                                 |            | 0       |       | 1      |            | 10.192                             | 1.607     |           |
| 18:3 undifferentiated.....g              | 0.220                                 |            | 0       |       | 1      |            | 0.656                              | 0.103     |           |
| 18:4.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |            |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |            |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0       |       | 1      |            | 0.447                              | 0.071     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |            | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |            | 0.060                              | 0.009     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |            | 0.089                              | 0.014     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |            |                                    |           |           |
| Cholesterol.....mg                       | 68                                    |            | 0       |       | 1      |            | 203                                | 32        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |            |                                    |           |           |
| Amino Acids:                             |                                       |            |         |       |        |            |                                    |           |           |
| Tryptophan.....g                         | 0.187                                 |            | 0       |       | 1      |            | 0.557                              | 0.088     |           |
| Threonine.....g                          | 0.747                                 |            | 0       |       | 1      |            | 2.226                              | 0.351     |           |
| Isoleucine.....g                         | 0.838                                 |            | 0       |       | 1      |            | 2.497                              | 0.394     |           |
| Leucine.....g                            | 1.319                                 |            | 0       |       | 1      |            | 3.931                              | 0.620     |           |
| Lysine.....g                             | 1.524                                 |            | 0       |       | 1      |            | 4.542                              | 0.716     |           |
| Methionine.....g                         | 0.474                                 |            | 0       |       | 1      |            | 1.413                              | 0.223     |           |
| Cystine.....g                            | 0.205                                 |            | 0       |       | 1      |            | 0.611                              | 0.096     |           |
| Phenylalanine.....g                      | 0.673                                 |            | 0       |       | 1      |            | 2.006                              | 0.316     |           |
| Tyrosine.....g                           | 0.631                                 |            | 0       |       | 1      |            | 1.880                              | 0.297     |           |
| Valine.....g                             | 0.890                                 |            | 0       |       | 1      |            | 2.652                              | 0.418     |           |
| Arginine.....g                           | 1.249                                 |            | 0       |       | 1      |            | 3.722                              | 0.587     |           |
| Histidine.....g                          | 0.502                                 |            | 0       |       | 1      |            | 1.496                              | 0.236     |           |
| Alanine.....g                            | 1.155                                 |            | 0       |       | 1      |            | 3.442                              | 0.543     |           |
| Aspartic acid.....g                      | 1.673                                 |            | 0       |       | 1      |            | 4.986                              | 0.786     |           |
| Glutamic acid.....g                      | 2.716                                 |            | 0       |       | 1      |            | 8.094                              | 1.277     |           |
| Glycine.....g                            | 1.269                                 |            | 0       |       | 1      |            | 3.782                              | 0.596     |           |
| Proline.....g                            | 0.917                                 |            | 0       |       | 1      |            | 2.733                              | 0.431     |           |
| Serine.....g                             | 0.765                                 |            | 0       |       | 1      |            | 2.280                              | 0.360     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |            |                                    |           |           |

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#### Common Measures:

Measure 1 = 298g: .5 back, bone removed

Measure 2 = 47g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young hen, breast, meat and skin, cooked, roasted**

**Refuse: 8% Bone**

[illegible]

NDB No. 05248

Turkey, young hen, breast, meat and skin, cooked, roasted

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |         |       |        |            | <u>Amount in edible portion of common</u> |           |           |
|--|--|------------|---------|-------|--------|------------|---|-----------|-----------|
|  | Mean   | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                                 | Measure 2 | Measure 3 |
|  |  |            | of Data | Code  | Code   | Code       |   |           |           |
|  |  |            | Points  |       |        |            |   |           |           |
| Fatty acids, total monounsaturated.....g | 2.500  |            | 0       |       | 1      |            | 2.725                                     | 17.150    |           |
| 14:1.....g                               |  |            |         |       |        |            |   |           |           |
| 15:1.....g                               |  |            |         |       |        |            |   |           |           |
| 16:1 undifferentiated.....g              | 0.410  |            | 0       |       | 1      |            | 0.447                                     | 2.813     |           |
| 17:1.....g                               |  |            |         |       |        |            |   |           |           |
| 18:1 undifferentiated.....g              | 2.030  |            | 0       |       | 1      |            | 2.213                                     | 13.926    |           |
| 20:1.....g                               | 0.020  |            | 0       |       | 1      |            | 0.022                                     | 0.137     |           |
| 22:1 undifferentiated.....g              | 0.010  |            | 0       |       | 1      |            | 0.011                                     | 0.069     |           |
| 24:1 c.....g                             |  |            |         |       |        |            |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.930  |            | 0       |       | 1      |            | 2.104                                     | 13.240    |           |
| 18:2 undifferentiated.....g              | 1.520  |            | 0       |       | 1      |            | 1.657                                     | 10.427    |           |
| 18:3 undifferentiated.....g              | 0.080  |            | 0       |       | 1      |            | 0.087                                     | 0.549     |           |
| 18:4.....g                               |  |            |         |       |        |            |   |           |           |
| 20:2 n-6 c,c.....g                       |  |            |         |       |        |            |   |           |           |
| 20:3 undifferentiated.....g              |  |            |         |       |        |            |   |           |           |
| 20:4 undifferentiated.....g              | 0.190  |            | 0       |       | 1      |            | 0.207                                     | 1.303     |           |
| 20:5 n-3.....g                           | 0.000  |            | 0       |       | 4      |            | 0.000                                     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030  |            | 0       |       | 1      |            | 0.033                                     | 0.206     |           |
| 22:6 n-3.....g                           | 0.040  |            | 0       |       | 1      |            | 0.044                                     | 0.274     |           |
| Fatty acids, total trans.....g           |  |            |         |       |        |            |   |           |           |
| Cholesterol.....mg                       | 72   |            | 0       |       | 1      |            | 78  | 494       |           |
| Phytosterols.....mg                      |  |            |         |       |        |            |   |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |         |       |        |            |   |           |           |
| Tryptophan.....g                         | 0.321  |            | 0       |       | 1      |            | 0.350                                     | 2.202     |           |
| Threonine.....g                          | 1.264  |            | 0       |       | 1      |            | 1.378                                     | 8.671     |           |
| Isoleucine.....g                         | 1.459  |            | 0       |       | 1      |            | 1.590                                     | 10.009    |           |
| Leucine.....g                            | 2.254  |            | 0       |       | 1      |            | 2.457                                     | 15.462    |           |
| Lysine.....g                             | 2.647  |            | 0       |       | 1      |            | 2.885                                     | 18.158    |           |
| Methionine.....g                         | 0.817  |            | 0       |       | 1      |            | 0.891                                     | 5.605     |           |
| Cystine.....g                            | 0.312  |            | 0       |       | 1      |            | 0.340                                     | 2.140     |           |
| Phenylalanine.....g                      | 1.131  |            | 0       |       | 1      |            | 1.233                                     | 7.759     |           |
| Tyrosine.....g                           | 1.105  |            | 0       |       | 1      |            | 1.204                                     | 7.580     |           |
| Valine.....g                             | 1.508  |            | 0       |       | 1      |            | 1.644                                     | 10.345    |           |
| Arginine.....g                           | 2.023  |            | 0       |       | 1      |            | 2.205                                     | 13.878    |           |
| Histidine.....g                          | 0.876  |            | 0       |       | 1      |            | 0.955                                     | 6.009     |           |
| Alanine.....g                            | 1.820  |            | 0       |       | 1      |            | 1.984                                     | 12.485    |           |
| Aspartic acid.....g                      | 2.782  |            | 0       |       | 1      |            | 3.032                                     | 19.085    |           |
| Glutamic acid.....g                      | 4.625  |            | 0       |       | 1      |            | 5.041                                     | 31.728    |           |
| Glycine.....g                            | 1.640  |            | 0       |       | 1      |            | 1.788                                     | 11.250    |           |
| Proline.....g                            | 1.298  |            | 0       |       | 1      |            | 1.415                                     | 8.904     |           |
| Serine.....g                             | 1.274  |            | 0       |       | 1      |            | 1.389                                     | 8.740     |           |
| Hydroxyproline.....g                     |  |            |         |       |        |            |   |           |           |

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

#### Common Measures:

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

Measure 2 = 686g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05247

Turkey, young hen, breast, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |                  |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|------------------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1                          | Measure 2 | measures of food |
|  |                                       |            |                             |               |                |                    |                                    |           | Measure 3        |
| Fatty acids, total monounsaturated.....g | 3.190                                 |            | 0                           |               | 1              |                    | 4.434                              | 27.881    |                  |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 16:1 undifferentiated.....g              | 0.540                                 |            | 0                           |               | 1              |                    | 0.751                              | 4.720     |                  |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 18:1 undifferentiated.....g              | 2.580                                 |            | 0                           |               | 1              |                    | 3.586                              | 22.549    |                  |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.087     |                  |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.087     |                  |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Fatty acids, total polyunsaturated.....g | 1.950                                 |            | 0                           |               | 1              |                    | 2.711                              | 17.043    |                  |
| 18:2 undifferentiated.....g              | 1.680                                 |            | 0                           |               | 1              |                    | 2.335                              | 14.683    |                  |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0                           |               | 1              |                    | 0.153                              | 0.961     |                  |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                           |               | 1              |                    | 0.125                              | 0.787     |                  |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |                  |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.087     |                  |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.087     |                  |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |                  |
| Cholesterol.....mg                       | 62                                    |            | 0                           |               | 1              |                    | 86                                 | 542       |                  |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |                  |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Tryptophan.....g                         | 0.239                                 |            | 0                           |               | 1              |                    | 0.332                              | 2.089     |                  |
| Threonine.....g                          | 0.944                                 |            | 0                           |               | 1              |                    | 1.312                              | 8.251     |                  |
| Isoleucine.....g                         | 1.084                                 |            | 0                           |               | 1              |                    | 1.507                              | 9.474     |                  |
| Leucine.....g                            | 1.681                                 |            | 0                           |               | 1              |                    | 2.337                              | 14.692    |                  |
| Lysine.....g                             | 1.968                                 |            | 0                           |               | 1              |                    | 2.736                              | 17.200    |                  |
| Methionine.....g                         | 0.608                                 |            | 0                           |               | 1              |                    | 0.845                              | 5.314     |                  |
| Cystine.....g                            | 0.237                                 |            | 0                           |               | 1              |                    | 0.329                              | 2.071     |                  |
| Phenylalanine.....g                      | 0.846                                 |            | 0                           |               | 1              |                    | 1.176                              | 7.394     |                  |
| Tyrosine.....g                           | 0.820                                 |            | 0                           |               | 1              |                    | 1.140                              | 7.167     |                  |
| Valine.....g                             | 1.126                                 |            | 0                           |               | 1              |                    | 1.565                              | 9.841     |                  |
| Arginine.....g                           | 1.523                                 |            | 0                           |               | 1              |                    | 2.117                              | 13.311    |                  |
| Histidine.....g                          | 0.651                                 |            | 0                           |               | 1              |                    | 0.905                              | 5.690     |                  |
| Alanine.....g                            | 1.378                                 |            | 0                           |               | 1              |                    | 1.915                              | 12.044    |                  |
| Aspartic acid.....g                      | 2.084                                 |            | 0                           |               | 1              |                    | 2.897                              | 18.214    |                  |
| Glutamic acid.....g                      | 3.451                                 |            | 0                           |               | 1              |                    | 4.797                              | 30.162    |                  |
| Glycine.....g                            | 1.294                                 |            | 0                           |               | 1              |                    | 1.799                              | 11.310    |                  |
| Proline.....g                            | 1.004                                 |            | 0                           |               | 1              |                    | 1.396                              | 8.775     |                  |
| Serine.....g                             | 0.954                                 |            | 0                           |               | 1              |                    | 1.326                              | 8.338     |                  |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |                  |

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

#### Common Measures:

Measure 1 = 139g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 874g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young hen, dark meat, meat and skin, cooked, roasted**

**Refuse: 27% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |                 |   |           |           |
| Water.....g                           | 59.61                                 | 0.448      | 15                    |            | 1           |                 | 63.19   | 396.41    |           |
| Energy.....kcal                       | 232                                   |            | 0                     | NC         | 4           |                 | 246   | 1543      |           |
| Energy.....kJ                         | 971                                   |            |                       |            | 4           |                 | 1029  | 6455      |           |
| Protein (N x 6.25).....g              | 27.37                                 | 0.399      | 15                    |            | 1           |                 | 29.01   | 182.01    |           |
| Total lipid (fat).....g               | 12.78                                 | 0.645      | 15                    |            | 1           |                 | 13.55   | 84.99     |           |
| Ash.....g                             | 0.98                                  | 0.009      | 15                    |            | 1           |                 | 1.04  | 6.52      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |                 | 0.00  | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |             |                 |   |           |           |
| Starch.....g                          |                                       |            |                       |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 31                                    | 1.352      | 15                    |            | 1           |                 | 33  | 206       |           |
| Iron, Fe.....mg                       | 2.28                                  | 0.085      | 15                    |            | 1           |                 | 2.42  | 15.16     |           |
| Magnesium, Mg.....mg                  | 23                                    | 0.210      | 15                    |            | 1           |                 | 24  | 153       |           |
| Phosphorus, P.....mg                  | 196                                   | 2.995      | 15                    |            | 1           |                 | 208   | 1303      |           |
| Potassium, K.....mg                   | 276                                   | 3.241      | 15                    |            | 1           |                 | 293   | 1835      |           |
| Sodium, Na.....mg                     | 72                                    | 1.032      | 15                    |            | 1           |                 | 76  | 479       |           |
| Zinc, Zn.....mg                       | 4.10                                  | 0.118      | 3                     |            | 1           |                 | 4.35  | 27.27     |           |
| Copper, Cu.....mg                     | 0.139                                 | 0.005      | 3                     |            | 1           |                 | 0.147   | 0.924     |           |
| Manganese, Mn.....mg                  | 0.023                                 | 0.002      | 3                     |            | 1           |                 | 0.024   | 0.153     |           |
| Selenium, Se.....mcg                  | 37.2                                  |            | 0                     | BFYN       | 4           |                 | 39.4  | 247.4     |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |                 | 0.0   | 0.0       |           |
| Thiamin.....mg                        | 0.055                                 | 0.002      | 15                    |            | 1           |                 | 0.058   | 0.366     |           |
| Riboflavin.....mg                     | 0.223                                 | 0.007      | 15                    |            | 1           |                 | 0.236   | 1.483     |           |
| Niacin.....mg                         | 3.659                                 | 0.097      | 15                    |            | 1           |                 | 3.879   | 24.332    |           |
| Pantothenic acid.....mg               | 1.117                                 |            | 0                     |            | 1           |                 | 1.184   | 7.428     |           |
| Vitamin B-6.....mg                    | 0.310                                 |            | 0                     |            | 1           |                 | 0.329   | 2.062     |           |
| Folate, total.....mcg                 | 8                                     |            | 0                     |            | 1           |                 | 8   | 53        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |                 | 0   | 0         |           |
| Folate, food.....mcg                  | 8                                     |            | 0                     |            | 1           |                 | 8   | 53        |           |
| Folate, DFE.....mcg_DFE               | 8                                     |            | 0                     | NC         | 4           |                 | 8   | 53        |           |
| Vitamin B-12.....mcg                  | 0.34                                  |            | 0                     |            | 1           |                 | 0.36  | 2.26      |           |
| Vitamin A, IU.....IU                  | 0                                     | 0.000      | 3                     |            | 1           |                 | 0   | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     | 0.000      | 3                     |            | 1           |                 | 0   | 0         |           |
| Retinol.....mcg                       | 0                                     | 0.000      | 3                     |            | 1           |                 | 0   | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 3.860                                 |            | 0                     |            | 1           |                 | 4.092   | 25.669    |           |
| 4:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 8:0.....g                             |                                       |            |                       |            |             |                 |   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |                 | 0.000   | 0.000     |           |
| 12:0.....g                            | 0.020                                 |            | 0                     |            | 1           |                 | 0.021   | 0.133     |           |
| 13:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 14:0.....g                            | 0.090                                 |            | 0                     |            | 1           |                 | 0.095   | 0.599     |           |
| 15:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 16:0.....g                            | 2.330                                 |            | 0                     |            | 1           |                 | 2.470   | 15.495    |           |
| 17:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 18:0.....g                            | 0.990                                 |            | 0                     |            | 1           |                 | 1.049   | 6.584     |           |
| 20:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |                 |   |           |           |



NDB No. 05240

Turkey, young hen, dark meat, meat and skin, cooked, roasted

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |                             |               |                |                    | <u>Amount in edible portion of common</u> |           |           |
|--|--|------------|-----------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean   | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | <u>measures of food</u>                   |           |           |
|  |  |            |                             |               |                |                    | Measure 1                                 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 4.060  |            | 0                           |               | 1              |                    | 4.304                                     | 26.999    |           |
| 14:1.....g                               |  |            |                             |               |                |                    |   |           |           |
| 15:1.....g                               |  |            |                             |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 0.660  |            | 0                           |               | 1              |                    | 0.700                                     | 4.389     |           |
| 17:1.....g                               |  |            |                             |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 3.300  |            | 0                           |               | 1              |                    | 3.498                                     | 21.945    |           |
| 20:1.....g                               | 0.030  |            | 0                           |               | 1              |                    | 0.032                                     | 0.200     |           |
| 22:1 undifferentiated.....g              | 0.020  |            | 0                           |               | 1              |                    | 0.021                                     | 0.133     |           |
| 24:1 c.....g                             |  |            |                             |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 3.420  |            | 0                           |               | 1              |                    | 3.625                                     | 22.743    |           |
| 18:2 undifferentiated.....g              | 2.890  |            | 0                           |               | 1              |                    | 3.063                                     | 19.219    |           |
| 18:3 undifferentiated.....g              | 0.150  |            | 0                           |               | 1              |                    | 0.159                                     | 0.998     |           |
| 18:4.....g                               |  |            |                             |               |                |                    |   |           |           |
| 20:2 n-6 c,c.....g                       |  |            |                             |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |  |            |                             |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.260  |            | 0                           |               | 1              |                    | 0.276                                     | 1.729     |           |
| 20:5 n-3.....g                           | 0.000  |            | 0                           |               | 4              |                    | 0.000                                     | 0.000     |           |
| 22:5 n-3.....g                           | 0.040  |            | 0                           |               | 1              |                    | 0.042                                     | 0.266     |           |
| 22:6 n-3.....g                           | 0.050  |            | 0                           |               | 1              |                    | 0.053                                     | 0.333     |           |
| Fatty acids, total trans.....g           |  |            |                             |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 84   | 3.021      | 15                          |               | 1              |                    | 89  | 559       |           |
| Phytosterols.....mg                      |  |            |                             |               |                |                    |   |           |           |
| <u>Amino Acids:</u>                      |  |            |                             |               |                |                    |   |           |           |
| Tryptophan.....g                         | 0.303  |            | 0                           |               | 1              |                    | 0.321                                     | 2.015     |           |
| Threonine.....g                          | 1.196  |            | 0                           |               | 1              |                    | 1.268                                     | 7.953     |           |
| Isoleucine.....g                         | 1.375  |            | 0                           |               | 1              |                    | 1.458                                     | 9.144     |           |
| Leucine.....g                            | 2.130  |            | 0                           |               | 1              |                    | 2.258                                     | 14.165    |           |
| Lysine.....g                             | 2.495  |            | 0                           |               | 1              |                    | 2.645                                     | 16.592    |           |
| Methionine.....g                         | 0.771  |            | 0                           |               | 1              |                    | 0.817                                     | 5.127     |           |
| Cystine.....g                            | 0.300  |            | 0                           |               | 1              |                    | 0.318                                     | 1.995     |           |
| Phenylalanine.....g                      | 1.072  |            | 0                           |               | 1              |                    | 1.136                                     | 7.129     |           |
| Tyrosine.....g                           | 1.041  |            | 0                           |               | 1              |                    | 1.103                                     | 6.923     |           |
| Valine.....g                             | 1.427  |            | 0                           |               | 1              |                    | 1.513                                     | 9.490     |           |
| Arginine.....g                           | 1.927  |            | 0                           |               | 1              |                    | 2.043                                     | 12.815    |           |
| Histidine.....g                          | 0.825  |            | 0                           |               | 1              |                    | 0.875                                     | 5.486     |           |
| Alanine.....g                            | 1.741  |            | 0                           |               | 1              |                    | 1.845                                     | 11.578    |           |
| Aspartic acid.....g                      | 2.639  |            | 0                           |               | 1              |                    | 2.797                                     | 17.549    |           |
| Glutamic acid.....g                      | 4.372  |            | 0                           |               | 1              |                    | 4.634                                     | 29.074    |           |
| Glycine.....g                            | 1.624  |            | 0                           |               | 1              |                    | 1.721                                     | 10.800    |           |
| Proline.....g                            | 1.264  |            | 0                           |               | 1              |                    | 1.340                                     | 8.406     |           |
| Serine.....g                             | 1.208  |            | 0                           |               | 1              |                    | 1.280                                     | 8.033     |           |
| Hydroxyproline.....g                     |  |            |                             |               |                |                    |   |           |           |

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

#### Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 665g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05239

Turkey, young hen, 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  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.530                                 |            | 0       |       | 1      |   | 5.366     | 33.641    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.590                                 |            | 0       |       | 1      |   | 0.897     | 5.623     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.870                                 |            | 0       |       | 1      |   | 4.362     | 27.351    |           |
| 20:1.....g                               | 0.020                                 |            | 0       |       | 1      |   | 0.030     | 0.191     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |   | 0.015     | 0.095     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.640                                 |            | 0       |       | 1      |   | 4.013     | 25.159    |           |
| 18:2 undifferentiated.....g              | 2.270                                 |            | 0       |       | 1      |   | 3.450     | 21.633    |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0       |       | 1      |   | 0.198     | 1.239     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0       |       | 1      |   | 0.258     | 1.620     |           |
| 20:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.030     | 0.191     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |   | 0.046     | 0.286     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 65                                    | 2.028      | 15      |       | 1      |   | 99        | 619       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.206                                 |            | 0       |       | 1      |   | 0.313     | 1.963     |           |
| Threonine.....g                          | 0.814                                 |            | 0       |       | 1      |   | 1.237     | 7.757     |           |
| Isoleucine.....g                         | 0.936                                 |            | 0       |       | 1      |   | 1.423     | 8.920     |           |
| Leucine.....g                            | 1.450                                 |            | 0       |       | 1      |   | 2.204     | 13.819    |           |
| Lysine.....g                             | 1.698                                 |            | 0       |       | 1      |   | 2.581     | 16.182    |           |
| Methionine.....g                         | 0.525                                 |            | 0       |       | 1      |   | 0.798     | 5.003     |           |
| Cystine.....g                            | 0.205                                 |            | 0       |       | 1      |   | 0.312     | 1.954     |           |
| Phenylalanine.....g                      | 0.730                                 |            | 0       |       | 1      |   | 1.110     | 6.957     |           |
| Tyrosine.....g                           | 0.708                                 |            | 0       |       | 1      |   | 1.076     | 6.747     |           |
| Valine.....g                             | 0.972                                 |            | 0       |       | 1      |   | 1.477     | 9.263     |           |
| Arginine.....g                           | 1.314                                 |            | 0       |       | 1      |   | 1.997     | 12.522    |           |
| Histidine.....g                          | 0.561                                 |            | 0       |       | 1      |   | 0.853     | 5.346     |           |
| Alanine.....g                            | 1.188                                 |            | 0       |       | 1      |   | 1.806     | 11.322    |           |
| Aspartic acid.....g                      | 1.798                                 |            | 0       |       | 1      |   | 2.733     | 17.135    |           |
| Glutamic acid.....g                      | 2.976                                 |            | 0       |       | 1      |   | 4.524     | 28.361    |           |
| Glycine.....g                            | 1.115                                 |            | 0       |       | 1      |   | 1.695     | 10.626    |           |
| Proline.....g                            | 0.865                                 |            | 0       |       | 1      |   | 1.315     | 8.243     |           |
| Serine.....g                             | 0.823                                 |            | 0       |       | 1      |   | 1.251     | 7.843     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

**Common Measures:**

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 953g: .5 turkey, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05244

Turkey, young hen, dark meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.770                                 |            | 0       |       | 1      |   | 2.478     | 1.646     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.260                                 |            | 0       |       | 1      |   | 0.364     | 0.242     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.460                                 |            | 0       |       | 1      |   | 2.044     | 1.358     |           |
| 20:1.....g                               | 0.030                                 |            | 0       |       | 1      |   | 0.042     | 0.028     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0       |       | 1      |   | 0.028     | 0.019     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.330                                 |            | 0       |       | 1      |   | 3.262     | 2.167     |           |
| 18:2 undifferentiated.....g              | 1.890                                 |            | 0       |       | 1      |   | 2.646     | 1.758     |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0       |       | 1      |   | 0.098     | 0.065     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.280                                 |            | 0       |       | 1      |   | 0.392     | 0.260     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0       |       | 1      |   | 0.056     | 0.037     |           |
| 22:6 n-3.....g                           | 0.060                                 |            | 0       |       | 1      |   | 0.084     | 0.056     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 80                                    | 3.061      | 15      |       | 1      |   | 112       | 74        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.323                                 |            | 0       |       | 1      |   | 0.452     | 0.300     |           |
| Threonine.....g                          | 1.264                                 |            | 0       |       | 1      |   | 1.770     | 1.176     |           |
| Isoleucine.....g                         | 1.478                                 |            | 0       |       | 1      |   | 2.069     | 1.375     |           |
| Leucine.....g                            | 2.265                                 |            | 0       |       | 1      |   | 3.171     | 2.106     |           |
| Lysine.....g                             | 2.679                                 |            | 0       |       | 1      |   | 3.751     | 2.491     |           |
| Methionine.....g                         | 0.823                                 |            | 0       |       | 1      |   | 1.152     | 0.765     |           |
| Cystine.....g                            | 0.296                                 |            | 0       |       | 1      |   | 0.414     | 0.275     |           |
| Phenylalanine.....g                      | 1.128                                 |            | 0       |       | 1      |   | 1.579     | 1.049     |           |
| Tyrosine.....g                           | 1.123                                 |            | 0       |       | 1      |   | 1.572     | 1.044     |           |
| Valine.....g                             | 1.510                                 |            | 0       |       | 1      |   | 2.114     | 1.404     |           |
| Arginine.....g                           | 1.983                                 |            | 0       |       | 1      |   | 2.776     | 1.844     |           |
| Histidine.....g                          | 0.887                                 |            | 0       |       | 1      |   | 1.242     | 0.825     |           |
| Alanine.....g                            | 1.760                                 |            | 0       |       | 1      |   | 2.464     | 1.637     |           |
| Aspartic acid.....g                      | 2.761                                 |            | 0       |       | 1      |   | 3.865     | 2.568     |           |
| Glutamic acid.....g                      | 4.639                                 |            | 0       |       | 1      |   | 6.495     | 4.314     |           |
| Glycine.....g                            | 1.410                                 |            | 0       |       | 1      |   | 1.974     | 1.311     |           |
| Proline.....g                            | 1.182                                 |            | 0       |       | 1      |   | 1.655     | 1.099     |           |
| Serine.....g                             | 1.264                                 |            | 0       |       | 1      |   | 1.770     | 1.176     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05243

Turkey, young hen, dark meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            |                             |               |                |                    |   |           |           |
| Fatty acids, total monounsaturated.....g | 1.110                                 |            | 0                           |               | 1              |                    | 1.443   | 9.013     |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |   |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 0.160                                 | 0.038      | 8                           |               | 1              |                    | 0.208   | 1.299     |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 0.920                                 | 0.091      | 8                           |               | 1              |                    | 1.196   | 7.470     |           |
| 20:1.....g                               | 0.020                                 | 0.003      | 7                           |               | 1              |                    | 0.026   | 0.162     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.003      | 7                           |               | 1              |                    | 0.013   | 0.081     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.460                                 |            | 0                           |               | 1              |                    | 1.898   | 11.855    |           |
| 18:2 undifferentiated.....g              | 1.180                                 | 0.113      | 8                           |               | 1              |                    | 1.534   | 9.582     |           |
| 18:3 undifferentiated.....g              | 0.040                                 | 0.014      | 8                           |               | 1              |                    | 0.052   | 0.325     |           |
| 18:4.....g                               |                                       |            |                             |               |                |                    |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 | 0.029      | 8                           |               | 1              |                    | 0.221   | 1.380     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 | 0.006      | 7                           |               | 1              |                    | 0.039   | 0.244     |           |
| 22:6 n-3.....g                           | 0.040                                 | 0.021      | 7                           |               | 1              |                    | 0.052   | 0.325     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 62                                    | 2.089      | 15                          |               | 1              |                    | 81  | 503       |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                             |               |                |                    |   |           |           |
| Tryptophan.....g                         | 0.228                                 |            | 0                           |               | 1              |                    | 0.296   | 1.851     |           |
| Threonine.....g                          | 0.893                                 |            | 0                           |               | 1              |                    | 1.161   | 7.251     |           |
| Isoleucine.....g                         | 1.044                                 |            | 0                           |               | 1              |                    | 1.357   | 8.477     |           |
| Leucine.....g                            | 1.599                                 |            | 0                           |               | 1              |                    | 2.079   | 12.984    |           |
| Lysine.....g                             | 1.891                                 |            | 0                           |               | 1              |                    | 2.458   | 15.355    |           |
| Methionine.....g                         | 0.581                                 |            | 0                           |               | 1              |                    | 0.755   | 4.718     |           |
| Cystine.....g                            | 0.209                                 |            | 0                           |               | 1              |                    | 0.272   | 1.697     |           |
| Phenylalanine.....g                      | 0.796                                 |            | 0                           |               | 1              |                    | 1.035   | 6.464     |           |
| Tyrosine.....g                           | 0.793                                 |            | 0                           |               | 1              |                    | 1.031   | 6.439     |           |
| Valine.....g                             | 1.066                                 |            | 0                           |               | 1              |                    | 1.386   | 8.656     |           |
| Arginine.....g                           | 1.400                                 |            | 0                           |               | 1              |                    | 1.820   | 11.368    |           |
| Histidine.....g                          | 0.626                                 |            | 0                           |               | 1              |                    | 0.814   | 5.083     |           |
| Alanine.....g                            | 1.243                                 |            | 0                           |               | 1              |                    | 1.616   | 10.093    |           |
| Aspartic acid.....g                      | 1.949                                 |            | 0                           |               | 1              |                    | 2.534   | 15.826    |           |
| Glutamic acid.....g                      | 3.275                                 |            | 0                           |               | 1              |                    | 4.258   | 26.593    |           |
| Glycine.....g                            | 0.995                                 |            | 0                           |               | 1              |                    | 1.294   | 8.079     |           |
| Proline.....g                            | 0.835                                 |            | 0                           |               | 1              |                    | 1.086   | 6.780     |           |
| Serine.....g                             | 0.893                                 |            | 0                           |               | 1              |                    | 1.161   | 7.251     |           |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |   |           |           |

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

#### Common Measures:

Measure 1 = 130g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 812g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05250

Turkey, young hen, leg, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.040                                 |            | 0       |       | 1      |   | 2.158     | 13.619    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.480                                 |            | 0       |       | 1      |   | 0.341     | 2.150     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.480                                 |            | 0       |       | 1      |   | 1.761     | 11.110    |           |
| 20:1.....g                               | 0.030                                 |            | 0       |       | 1      |   | 0.021     | 0.134     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0       |       | 1      |   | 0.014     | 0.090     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.910                                 |            | 0       |       | 1      |   | 2.066     | 13.037    |           |
| 18:2 undifferentiated.....g              | 2.430                                 |            | 0       |       | 1      |   | 1.725     | 10.886    |           |
| 18:3 undifferentiated.....g              | 0.120                                 |            | 0       |       | 1      |   | 0.085     | 0.538     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.260                                 |            | 0       |       | 1      |   | 0.185     | 1.165     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0       |       | 1      |   | 0.028     | 0.179     |           |
| 22:6 n-3.....g                           | 0.060                                 |            | 0       |       | 1      |   | 0.043     | 0.269     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 82                                    |            | 0       |       | 1      |   | 58        | 367       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.310                                 |            | 0       |       | 1      |   | 0.220     | 1.389     |           |
| Threonine.....g                          | 1.221                                 |            | 0       |       | 1      |   | 0.867     | 5.470     |           |
| Isoleucine.....g                         | 1.414                                 |            | 0       |       | 1      |   | 1.004     | 6.335     |           |
| Leucine.....g                            | 2.180                                 |            | 0       |       | 1      |   | 1.548     | 9.766     |           |
| Lysine.....g                             | 2.565                                 |            | 0       |       | 1      |   | 1.821     | 11.491    |           |
| Methionine.....g                         | 0.790                                 |            | 0       |       | 1      |   | 0.561     | 3.539     |           |
| Cystine.....g                            | 0.298                                 |            | 0       |       | 1      |   | 0.212     | 1.335     |           |
| Phenylalanine.....g                      | 1.092                                 |            | 0       |       | 1      |   | 0.775     | 4.892     |           |
| Tyrosine.....g                           | 1.072                                 |            | 0       |       | 1      |   | 0.761     | 4.803     |           |
| Valine.....g                             | 1.457                                 |            | 0       |       | 1      |   | 1.034     | 6.527     |           |
| Arginine.....g                           | 1.945                                 |            | 0       |       | 1      |   | 1.381     | 8.714     |           |
| Histidine.....g                          | 0.848                                 |            | 0       |       | 1      |   | 0.602     | 3.799     |           |
| Alanine.....g                            | 1.744                                 |            | 0       |       | 1      |   | 1.238     | 7.813     |           |
| Aspartic acid.....g                      | 2.683                                 |            | 0       |       | 1      |   | 1.905     | 12.020    |           |
| Glutamic acid.....g                      | 4.471                                 |            | 0       |       | 1      |   | 3.174     | 20.030    |           |
| Glycine.....g                            | 1.530                                 |            | 0       |       | 1      |   | 1.086     | 6.854     |           |
| Proline.....g                            | 1.226                                 |            | 0       |       | 1      |   | 0.870     | 5.492     |           |
| Serine.....g                             | 1.228                                 |            | 0       |       | 1      |   | 0.872     | 5.501     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 448g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05249

Turkey, young hen, leg, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.290                                 |            | 0              |            | 1           |   | 2.405     | 15.022    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.370                                 |            | 0              |            | 1           |   | 0.389     | 2.427     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.870                                 |            | 0              |            | 1           |   | 1.964     | 12.267    |           |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 1           |   | 0.021     | 0.131     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.011     | 0.066     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.040                                 |            | 0              |            | 1           |   | 2.142     | 13.382    |           |
| 18:2 undifferentiated.....g              | 1.710                                 |            | 0              |            | 1           |   | 1.796     | 11.218    |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0              |            | 1           |   | 0.095     | 0.590     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.170                                 |            | 0              |            | 1           |   | 0.179     | 1.115     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.021     | 0.131     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |            | 1           |   | 0.042     | 0.262     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 63                                    |            | 0              |            | 1           |   | 66        | 413       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.218                                 |            | 0              |            | 1           |   | 0.229     | 1.430     |           |
| Threonine.....g                          | 0.858                                 |            | 0              |            | 1           |   | 0.901     | 5.628     |           |
| Isoleucine.....g                         | 0.995                                 |            | 0              |            | 1           |   | 1.045     | 6.527     |           |
| Leucine.....g                            | 1.533                                 |            | 0              |            | 1           |   | 1.610     | 10.056    |           |
| Lysine.....g                             | 1.804                                 |            | 0              |            | 1           |   | 1.894     | 11.834    |           |
| Methionine.....g                         | 0.556                                 |            | 0              |            | 1           |   | 0.584     | 3.647     |           |
| Cystine.....g                            | 0.208                                 |            | 0              |            | 1           |   | 0.218     | 1.364     |           |
| Phenylalanine.....g                      | 0.767                                 |            | 0              |            | 1           |   | 0.805     | 5.032     |           |
| Tyrosine.....g                           | 0.755                                 |            | 0              |            | 1           |   | 0.793     | 4.953     |           |
| Valine.....g                             | 1.024                                 |            | 0              |            | 1           |   | 1.075     | 6.717     |           |
| Arginine.....g                           | 1.364                                 |            | 0              |            | 1           |   | 1.432     | 8.948     |           |
| Histidine.....g                          | 0.597                                 |            | 0              |            | 1           |   | 0.627     | 3.916     |           |
| Alanine.....g                            | 1.222                                 |            | 0              |            | 1           |   | 1.283     | 8.016     |           |
| Aspartic acid.....g                      | 1.884                                 |            | 0              |            | 1           |   | 1.978     | 12.359    |           |
| Glutamic acid.....g                      | 3.143                                 |            | 0              |            | 1           |   | 3.300     | 20.618    |           |
| Glycine.....g                            | 1.060                                 |            | 0              |            | 1           |   | 1.113     | 6.954     |           |
| Proline.....g                            | 0.854                                 |            | 0              |            | 1           |   | 0.897     | 5.602     |           |
| Serine.....g                             | 0.863                                 |            | 0              |            | 1           |   | 0.906     | 5.661     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 656g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young hen, light meat, meat and skin, cooked, roasted**

**Refuse: 14% Bone**

[illegible]

NDB No. 05238

Turkey, young hen, light meat, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.150                                 |            | 0       |       | 1      |   | 4.316     | 27.059    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.520                                 |            | 0       |       | 1      |   | 0.712     | 4.467     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.550                                 |            | 0       |       | 1      |   | 3.494     | 21.905    |           |
| 20:1.....g                               | 0.020                                 |            | 0       |       | 1      |   | 0.027     | 0.172     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0       |       | 1      |   | 0.027     | 0.172     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.280                                 |            | 0       |       | 1      |   | 3.124     | 19.585    |           |
| 18:2 undifferentiated.....g              | 1.840                                 |            | 0       |       | 1      |   | 2.521     | 15.806    |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0       |       | 1      |   | 0.151     | 0.945     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 0       |       | 1      |   | 0.274     | 1.718     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |   | 0.041     | 0.258     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0       |       | 1      |   | 0.055     | 0.344     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 74                                    | 2.097      | 15      |       | 1      |   | 101       | 636       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.317                                 |            | 0       |       | 1      |   | 0.434     | 2.723     |           |
| Threonine.....g                          | 1.252                                 |            | 0       |       | 1      |   | 1.715     | 10.755    |           |
| Isoleucine.....g                         | 1.441                                 |            | 0       |       | 1      |   | 1.974     | 12.378    |           |
| Leucine.....g                            | 2.231                                 |            | 0       |       | 1      |   | 3.056     | 19.164    |           |
| Lysine.....g                             | 2.614                                 |            | 0       |       | 1      |   | 3.581     | 22.454    |           |
| Methionine.....g                         | 0.807                                 |            | 0       |       | 1      |   | 1.106     | 6.932     |           |
| Cystine.....g                            | 0.313                                 |            | 0       |       | 1      |   | 0.429     | 2.689     |           |
| Phenylalanine.....g                      | 1.122                                 |            | 0       |       | 1      |   | 1.537     | 9.638     |           |
| Tyrosine.....g                           | 1.091                                 |            | 0       |       | 1      |   | 1.495     | 9.372     |           |
| Valine.....g                             | 1.494                                 |            | 0       |       | 1      |   | 2.047     | 12.833    |           |
| Arginine.....g                           | 2.016                                 |            | 0       |       | 1      |   | 2.762     | 17.317    |           |
| Histidine.....g                          | 0.864                                 |            | 0       |       | 1      |   | 1.184     | 7.422     |           |
| Alanine.....g                            | 1.821                                 |            | 0       |       | 1      |   | 2.495     | 15.642    |           |
| Aspartic acid.....g                      | 2.763                                 |            | 0       |       | 1      |   | 3.785     | 23.734    |           |
| Glutamic acid.....g                      | 4.579                                 |            | 0       |       | 1      |   | 6.273     | 39.334    |           |
| Glycine.....g                            | 1.692                                 |            | 0       |       | 1      |   | 2.318     | 14.534    |           |
| Proline.....g                            | 1.319                                 |            | 0       |       | 1      |   | 1.807     | 11.330    |           |
| Serine.....g                             | 1.265                                 |            | 0       |       | 1      |   | 1.733     | 10.866    |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 859g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05237

Turkey, young hen, light meat, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.100                                 |            | 0                     |            | 1           |   | 5.425     | 34.069    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.530                                 |            | 0                     |            | 1           |   | 0.928     | 5.825     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.500                                 |            | 0                     |            | 1           |   | 4.375     | 27.475    |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.018     | 0.110     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.018     | 0.110     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.910                                 |            | 0                     |            | 1           |   | 3.343     | 20.991    |           |
| 18:2 undifferentiated.....g              | 1.630                                 |            | 0                     |            | 1           |   | 2.853     | 17.914    |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1           |   | 0.193     | 1.209     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1           |   | 0.158     | 0.989     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.018     | 0.110     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.035     | 0.220     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 62                                    | 2.115      | 15                    |            | 1           |   | 109       | 681       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.238                                 |            | 0                     |            | 1           |   | 0.417     | 2.616     |           |
| Threonine.....g                          | 0.940                                 |            | 0                     |            | 1           |   | 1.645     | 10.331    |           |
| Isoleucine.....g                         | 1.080                                 |            | 0                     |            | 1           |   | 1.890     | 11.869    |           |
| Leucine.....g                            | 1.674                                 |            | 0                     |            | 1           |   | 2.930     | 18.397    |           |
| Lysine.....g                             | 1.961                                 |            | 0                     |            | 1           |   | 3.432     | 21.551    |           |
| Methionine.....g                         | 0.606                                 |            | 0                     |            | 1           |   | 1.061     | 6.660     |           |
| Cystine.....g                            | 0.236                                 |            | 0                     |            | 1           |   | 0.413     | 2.594     |           |
| Phenylalanine.....g                      | 0.842                                 |            | 0                     |            | 1           |   | 1.474     | 9.254     |           |
| Tyrosine.....g                           | 0.818                                 |            | 0                     |            | 1           |   | 1.432     | 8.990     |           |
| Valine.....g                             | 1.121                                 |            | 0                     |            | 1           |   | 1.962     | 12.320    |           |
| Arginine.....g                           | 1.514                                 |            | 0                     |            | 1           |   | 2.650     | 16.639    |           |
| Histidine.....g                          | 0.648                                 |            | 0                     |            | 1           |   | 1.134     | 7.122     |           |
| Alanine.....g                            | 1.368                                 |            | 0                     |            | 1           |   | 2.394     | 15.034    |           |
| Aspartic acid.....g                      | 2.074                                 |            | 0                     |            | 1           |   | 3.630     | 22.793    |           |
| Glutamic acid.....g                      | 3.435                                 |            | 0                     |            | 1           |   | 6.011     | 37.751    |           |
| Glycine.....g                            | 1.277                                 |            | 0                     |            | 1           |   | 2.235     | 14.034    |           |
| Proline.....g                            | 0.993                                 |            | 0                     |            | 1           |   | 1.738     | 10.913    |           |
| Serine.....g                             | 0.949                                 |            | 0                     |            | 1           |   | 1.661     | 10.430    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 175g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1099g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05242

Turkey, young hen, light meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.660                                 |            | 0                     |            | 1           |   | 0.924     | 0.785     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 1           |   | 0.112     | 0.095     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.540                                 |            | 0                     |            | 1           |   | 0.756     | 0.643     |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.024     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.024     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.000                                 |            | 0                     |            | 1           |   | 1.400     | 1.190     |           |
| 18:2 undifferentiated.....g              | 0.660                                 |            | 0                     |            | 1           |   | 0.924     | 0.785     |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.024     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.200                                 |            | 0                     |            | 1           |   | 0.280     | 0.238     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1           |   | 0.042     | 0.036     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1           |   | 0.056     | 0.048     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 68                                    | 1.999      | 15                    |            | 1           |   | 95        | 81        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.340                                 |            | 0                     |            | 1           |   | 0.476     | 0.405     |           |
| Threonine.....g                          | 1.330                                 |            | 0                     |            | 1           |   | 1.862     | 1.583     |           |
| Isoleucine.....g                         | 1.554                                 |            | 0                     |            | 1           |   | 2.176     | 1.849     |           |
| Leucine.....g                            | 2.382                                 |            | 0                     |            | 1           |   | 3.335     | 2.835     |           |
| Lysine.....g                             | 2.817                                 |            | 0                     |            | 1           |   | 3.944     | 3.352     |           |
| Methionine.....g                         | 0.866                                 |            | 0                     |            | 1           |   | 1.212     | 1.031     |           |
| Cystine.....g                            | 0.311                                 |            | 0                     |            | 1           |   | 0.435     | 0.370     |           |
| Phenylalanine.....g                      | 1.186                                 |            | 0                     |            | 1           |   | 1.660     | 1.411     |           |
| Tyrosine.....g                           | 1.181                                 |            | 0                     |            | 1           |   | 1.653     | 1.405     |           |
| Valine.....g                             | 1.588                                 |            | 0                     |            | 1           |   | 2.223     | 1.890     |           |
| Arginine.....g                           | 2.085                                 |            | 0                     |            | 1           |   | 2.919     | 2.481     |           |
| Histidine.....g                          | 0.933                                 |            | 0                     |            | 1           |   | 1.306     | 1.110     |           |
| Alanine.....g                            | 1.851                                 |            | 0                     |            | 1           |   | 2.591     | 2.203     |           |
| Aspartic acid.....g                      | 2.903                                 |            | 0                     |            | 1           |   | 4.064     | 3.455     |           |
| Glutamic acid.....g                      | 4.879                                 |            | 0                     |            | 1           |   | 6.831     | 5.806     |           |
| Glycine.....g                            | 1.483                                 |            | 0                     |            | 1           |   | 2.076     | 1.765     |           |
| Proline.....g                            | 1.244                                 |            | 0                     |            | 1           |   | 1.742     | 1.480     |           |
| Serine.....g                             | 1.330                                 |            | 0                     |            | 1           |   | 1.862     | 1.583     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

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

Measure 2 = 119g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05241

Turkey, young hen, light meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.290                                 |            | 0                     |            | 1           |   | 0.426     | 2.665     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.040                                 | 0.007      | 12                    |            | 1           |   | 0.059     | 0.368     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.240                                 | 0.027      | 12                    |            | 1           |   | 0.353     | 2.206     |           |
| 20:1.....g                               | 0.010                                 | 0.001      | 10                    |            | 1           |   | 0.015     | 0.092     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.002      | 10                    |            | 1           |   | 0.015     | 0.092     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.440                                 |            | 0                     |            | 1           |   | 0.647     | 4.044     |           |
| 18:2 undifferentiated.....g              | 0.290                                 | 0.033      | 12                    |            | 1           |   | 0.426     | 2.665     |           |
| 18:3 undifferentiated.....g              | 0.010                                 | 0.003      | 12                    |            | 1           |   | 0.015     | 0.092     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 | 0.012      | 11                    |            | 1           |   | 0.132     | 0.827     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 | 0.002      | 10                    |            | 1           |   | 0.029     | 0.184     |           |
| 22:6 n-3.....g                           | 0.020                                 | 0.006      | 10                    |            | 1           |   | 0.029     | 0.184     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 58                                    | 2.203      | 15                    |            | 1           |   | 85        | 533       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.269                                 |            | 0                     |            | 1           |   | 0.395     | 2.472     |           |
| Threonine.....g                          | 1.052                                 |            | 0                     |            | 1           |   | 1.546     | 9.668     |           |
| Isoleucine.....g                         | 1.229                                 |            | 0                     |            | 1           |   | 1.807     | 11.295    |           |
| Leucine.....g                            | 1.884                                 |            | 0                     |            | 1           |   | 2.769     | 17.314    |           |
| Lysine.....g                             | 2.228                                 |            | 0                     |            | 1           |   | 3.275     | 20.475    |           |
| Methionine.....g                         | 0.685                                 |            | 0                     |            | 1           |   | 1.007     | 6.295     |           |
| Cystine.....g                            | 0.246                                 |            | 0                     |            | 1           |   | 0.362     | 2.261     |           |
| Phenylalanine.....g                      | 0.938                                 |            | 0                     |            | 1           |   | 1.379     | 8.620     |           |
| Tyrosine.....g                           | 0.934                                 |            | 0                     |            | 1           |   | 1.373     | 8.583     |           |
| Valine.....g                             | 1.256                                 |            | 0                     |            | 1           |   | 1.846     | 11.543    |           |
| Arginine.....g                           | 1.649                                 |            | 0                     |            | 1           |   | 2.424     | 15.154    |           |
| Histidine.....g                          | 0.738                                 |            | 0                     |            | 1           |   | 1.085     | 6.782     |           |
| Alanine.....g                            | 1.464                                 |            | 0                     |            | 1           |   | 2.152     | 13.454    |           |
| Aspartic acid.....g                      | 2.296                                 |            | 0                     |            | 1           |   | 3.375     | 21.100    |           |
| Glutamic acid.....g                      | 3.859                                 |            | 0                     |            | 1           |   | 5.673     | 35.464    |           |
| Glycine.....g                            | 1.173                                 |            | 0                     |            | 1           |   | 1.724     | 10.780    |           |
| Proline.....g                            | 0.984                                 |            | 0                     |            | 1           |   | 1.446     | 9.043     |           |
| Serine.....g                             | 1.052                                 |            | 0                     |            | 1           |   | 1.546     | 9.668     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

**Common Measures:**

Measure 1 = 147g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 919g: .5 turkey, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05230

Turkey, young hen, meat and skin and giblets and neck, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.390                                 |            | 0              |            | 1           |   | 8.916     | 111.870   |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.550                                 |            | 0              |            | 1           |   | 1.447     | 18.150    |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.750                                 |            | 0              |            | 1           |   | 7.233     | 90.750    |           |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 1           |   | 0.053     | 0.660     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.026     | 0.330     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.700                                 |            | 0              |            | 1           |   | 7.101     | 89.100    |           |
| 18:2 undifferentiated.....g              | 2.230                                 |            | 0              |            | 1           |   | 5.865     | 73.590    |           |
| 18:3 undifferentiated.....g              | 0.120                                 |            | 0              |            | 1           |   | 0.316     | 3.960     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.230                                 |            | 0              |            | 1           |   | 0.605     | 7.590     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.079     | 0.990     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |            | 1           |   | 0.105     | 1.320     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 94                                    |            | 0              |            | 1           |   | 247       | 3102      |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.311                                 |            | 0              |            | 1           |   | 0.818     | 10.263    |           |
| Threonine.....g                          | 1.227                                 |            | 0              |            | 1           |   | 3.227     | 40.491    |           |
| Isoleucine.....g                         | 1.409                                 |            | 0              |            | 1           |   | 3.706     | 46.497    |           |
| Leucine.....g                            | 2.184                                 |            | 0              |            | 1           |   | 5.744     | 72.072    |           |
| Lysine.....g                             | 2.537                                 |            | 0              |            | 1           |   | 6.672     | 83.721    |           |
| Methionine.....g                         | 0.786                                 |            | 0              |            | 1           |   | 2.067     | 25.938    |           |
| Cystine.....g                            | 0.308                                 |            | 0              |            | 1           |   | 0.810     | 10.164    |           |
| Phenylalanine.....g                      | 1.104                                 |            | 0              |            | 1           |   | 2.904     | 36.432    |           |
| Tyrosine.....g                           | 1.061                                 |            | 0              |            | 1           |   | 2.790     | 35.013    |           |
| Valine.....g                             | 1.463                                 |            | 0              |            | 1           |   | 3.848     | 48.279    |           |
| Arginine.....g                           | 1.966                                 |            | 0              |            | 1           |   | 5.171     | 64.878    |           |
| Histidine.....g                          | 0.838                                 |            | 0              |            | 1           |   | 2.204     | 27.654    |           |
| Alanine.....g                            | 1.763                                 |            | 0              |            | 1           |   | 4.637     | 58.179    |           |
| Aspartic acid.....g                      | 2.698                                 |            | 0              |            | 1           |   | 7.096     | 89.034    |           |
| Glutamic acid.....g                      | 4.469                                 |            | 0              |            | 1           |   | 11.753    | 147.477   |           |
| Glycine.....g                            | 1.643                                 |            | 0              |            | 1           |   | 4.321     | 54.219    |           |
| Proline.....g                            | 1.292                                 |            | 0              |            | 1           |   | 3.398     | 42.636    |           |
| Serine.....g                             | 1.236                                 |            | 0              |            | 1           |   | 3.251     | 40.788    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

#### Common Measures:

Measure 1 = 263g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3300g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young hen, meat and skin and giblets and neck, raw**

**Refuse: 22% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |                 |   |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |                 |   |           |           |
| Water.....g                           | 69.74                                 |            | 0              |            | 1           |                 | 3108.31   |           |           |
| Energy.....kcal                       | 166                                   |            | 0              | NC         | 4           |                 | 7399  |           |           |
| Energy.....kj                         | 695                                   |            |                |            | 4           |                 | 30956   |           |           |
| Protein (N x 6.25).....g              | 20.15                                 |            | 0              |            | 1           |                 | 898.09  |           |           |
| Total lipid (fat).....g               | 8.78                                  |            | 0              |            | 1           |                 | 391.32  |           |           |
| Ash.....g                             | 0.90                                  |            | 0              |            | 1           |                 | 40.11   |           |           |
| Carbohydrate, by difference.....g     | 0.11                                  |            | 0              | NC         | 4           |                 | 4.90  |           |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |                 | 0.0   |           |           |
| Sugars, total.....g                   |                                       |            |                |            |             |                 |   |           |           |
| Starch.....g                          |                                       |            |                |            |             |                 |   |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |                 |   |           |           |
| Calcium, Ca.....mg                    | 16                                    |            | 0              |            | 1           |                 | 713   |           |           |
| Iron, Fe.....mg                       | 1.89                                  |            | 0              |            | 1           |                 | 84.24   |           |           |
| Magnesium, Mg.....mg                  | 22                                    |            | 0              |            | 1           |                 | 981   |           |           |
| Phosphorus, P.....mg                  | 178                                   |            | 0              |            | 1           |                 | 7933  |           |           |
| Potassium, K.....mg                   | 267                                   |            | 0              |            | 1           |                 | 11900   |           |           |
| Sodium, Na.....mg                     | 63                                    |            | 0              |            | 1           |                 | 2808  |           |           |
| Zinc, Zn.....mg                       | 2.23                                  |            | 0              |            | 1           |                 | 99.39   |           |           |
| Copper, Cu.....mg                     | 0.119                                 |            | 0              |            | 1           |                 | 5.304   |           |           |
| Manganese, Mn.....mg                  | 0.029                                 |            | 0              |            | 1           |                 | 1.293   |           |           |
| Selenium, Se.....mcg                  | 23.2                                  |            | 0              | BFNN       | 4           |                 | 1034.0  |           |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |                 |   |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.2                                   |            | 0              |            | 1           |                 | 8.9   |           |           |
| Thiamin.....mg                        | 0.061                                 |            | 0              |            | 1           |                 | 2.719   |           |           |
| Riboflavin.....mg                     | 0.208                                 |            | 0              |            | 1           |                 | 9.271   |           |           |
| Niacin.....mg                         | 3.956                                 |            | 0              |            | 1           |                 | 176.319   |           |           |
| Pantothenic acid.....mg               | 0.958                                 |            | 0              |            | 1           |                 | 42.698  |           |           |
| Vitamin B-6.....mg                    | 0.400                                 |            | 0              |            | 1           |                 | 17.828  |           |           |
| Folate, total.....mcg                 | 24                                    |            | 0              |            | 1           |                 | 1070  |           |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |                 | 0   |           |           |
| Folate, food.....mcg                  | 24                                    |            | 0              |            | 1           |                 | 1070  |           |           |
| Folate, DFE.....mcg_DFE               | 24                                    |            | 0              | NC         | 4           |                 | 1070  |           |           |
| Vitamin B-12.....mcg                  | 1.70                                  |            | 0              |            | 1           |                 | 75.77   |           |           |
| Vitamin A, IU.....IU                  | 400                                   |            | 0              |            | 1           |                 | 17828   |           |           |
| Vitamin A, RAE.....mcg_RAE            | 120                                   |            | 0              |            | 1           |                 | 5354  |           |           |
| Retinol.....mcg                       | 120                                   |            | 0              |            | 1           |                 | 5354  |           |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |                 |   |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |                 |   |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |                 |   |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |             |                 |   |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total saturated.....g    | 2.490                                 |            | 0              |            | 1           |                 | 110.979   |           |           |
| 4:0.....g                             |                                       |            |                |            |             |                 |   |           |           |
| 6:0.....g                             |                                       |            |                |            |             |                 |   |           |           |
| 8:0.....g                             |                                       |            |                |            |             |                 |   |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4           |                 | 0.000   |           |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1           |                 | 0.446   |           |           |
| 13:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 14:0.....g                            | 0.060                                 |            | 0              |            | 1           |                 | 2.674   |           |           |
| 15:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 16:0.....g                            | 1.600                                 |            | 0              |            | 1           |                 | 71.312  |           |           |
| 17:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 18:0.....g                            | 0.580                                 |            | 0              |            | 1           |                 | 25.851  |           |           |
| 20:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 22:0.....g                            |                                       |            |                |            |             |                 |   |           |           |
| 24:0.....g                            |                                       |            |                |            |             |                 |   |           |           |

NDB No. 05229

Turkey, young hen, meat and skin and giblets and neck, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.130                                 |            | 0       |       | 1      |   | 139.504   |           |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.520                                 |            | 0       |       | 1      |   | 23.176    |           |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.530                                 |            | 0       |       | 1      |   | 112.762   |           |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |   | 0.446     |           |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |   | 0.446     |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.180                                 |            | 0       |       | 1      |   | 97.163    |           |           |
| 18:2 undifferentiated.....g              | 1.860                                 |            | 0       |       | 1      |   | 82.900    |           |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0       |       | 1      |   | 4.903     |           |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0       |       | 1      |   | 6.240     |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     |           |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.891     |           |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.891     |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 73                                    |            | 0       |       | 1      |   | 3254      |           |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.223                                 |            | 0       |       | 1      |   | 9.939     |           |           |
| Threonine.....g                          | 0.882                                 |            | 0       |       | 1      |   | 39.311    |           |           |
| Isoleucine.....g                         | 1.013                                 |            | 0       |       | 1      |   | 45.149    |           |           |
| Leucine.....g                            | 1.570                                 |            | 0       |       | 1      |   | 69.975    |           |           |
| Lysine.....g                             | 1.820                                 |            | 0       |       | 1      |   | 81.117    |           |           |
| Methionine.....g                         | 0.565                                 |            | 0       |       | 1      |   | 25.182    |           |           |
| Cystine.....g                            | 0.223                                 |            | 0       |       | 1      |   | 9.939     |           |           |
| Phenylalanine.....g                      | 0.795                                 |            | 0       |       | 1      |   | 35.433    |           |           |
| Tyrosine.....g                           | 0.762                                 |            | 0       |       | 1      |   | 33.962    |           |           |
| Valine.....g                             | 1.052                                 |            | 0       |       | 1      |   | 46.888    |           |           |
| Arginine.....g                           | 1.415                                 |            | 0       |       | 1      |   | 63.067    |           |           |
| Histidine.....g                          | 0.601                                 |            | 0       |       | 1      |   | 26.787    |           |           |
| Alanine.....g                            | 1.268                                 |            | 0       |       | 1      |   | 56.515    |           |           |
| Aspartic acid.....g                      | 1.941                                 |            | 0       |       | 1      |   | 86.510    |           |           |
| Glutamic acid.....g                      | 3.212                                 |            | 0       |       | 1      |   | 143.159   |           |           |
| Glycine.....g                            | 1.192                                 |            | 0       |       | 1      |   | 53.127    |           |           |
| Proline.....g                            | 0.935                                 |            | 0       |       | 1      |   | 41.673    |           |           |
| Serine.....g                             | 0.889                                 |            | 0       |       | 1      |   | 39.623    |           |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 4457g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05232

Turkey, young hen, 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  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.540                                 |            | 0       |       | 1      |   | 8.602     | 53.950    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.580                                 |            | 0       |       | 1      |   | 1.409     | 8.839     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.870                                 |            | 0       |       | 1      |   | 6.974     | 43.739    |           |
| 20:1.....g                               | 0.020                                 |            | 0       |       | 1      |   | 0.049     | 0.305     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0       |       | 1      |   | 0.049     | 0.305     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.780                                 |            | 0       |       | 1      |   | 6.755     | 42.367    |           |
| 18:2 undifferentiated.....g              | 2.300                                 |            | 0       |       | 1      |   | 5.589     | 35.052    |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0       |       | 1      |   | 0.316     | 1.981     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.230                                 |            | 0       |       | 1      |   | 0.559     | 3.505     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |   | 0.073     | 0.457     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0       |       | 1      |   | 0.097     | 0.610     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 78                                    | 2.374      | 15      |       | 1      |   | 190       | 1189      |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.311                                 |            | 0       |       | 1      |   | 0.756     | 4.740     |           |
| Threonine.....g                          | 1.228                                 |            | 0       |       | 1      |   | 2.984     | 18.715    |           |
| Isoleucine.....g                         | 1.412                                 |            | 0       |       | 1      |   | 3.431     | 21.519    |           |
| Leucine.....g                            | 2.187                                 |            | 0       |       | 1      |   | 5.314     | 33.330    |           |
| Lysine.....g                             | 2.562                                 |            | 0       |       | 1      |   | 6.226     | 39.045    |           |
| Methionine.....g                         | 0.791                                 |            | 0       |       | 1      |   | 1.922     | 12.055    |           |
| Cystine.....g                            | 0.307                                 |            | 0       |       | 1      |   | 0.746     | 4.679     |           |
| Phenylalanine.....g                      | 1.100                                 |            | 0       |       | 1      |   | 2.673     | 16.764    |           |
| Tyrosine.....g                           | 1.069                                 |            | 0       |       | 1      |   | 2.598     | 16.292    |           |
| Valine.....g                             | 1.465                                 |            | 0       |       | 1      |   | 3.560     | 22.327    |           |
| Arginine.....g                           | 1.977                                 |            | 0       |       | 1      |   | 4.804     | 30.129    |           |
| Histidine.....g                          | 0.847                                 |            | 0       |       | 1      |   | 2.058     | 12.908    |           |
| Alanine.....g                            | 1.786                                 |            | 0       |       | 1      |   | 4.340     | 27.219    |           |
| Aspartic acid.....g                      | 2.709                                 |            | 0       |       | 1      |   | 6.583     | 41.285    |           |
| Glutamic acid.....g                      | 4.489                                 |            | 0       |       | 1      |   | 10.908    | 68.412    |           |
| Glycine.....g                            | 1.662                                 |            | 0       |       | 1      |   | 4.039     | 25.329    |           |
| Proline.....g                            | 1.295                                 |            | 0       |       | 1      |   | 3.147     | 19.736    |           |
| Serine.....g                             | 1.240                                 |            | 0       |       | 1      |   | 3.013     | 18.898    |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 243g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1524g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05231**  
**Turkey, young hen, meat and skin, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.300                                 |            | 0                     |            | 1   |                 | 10.791    | 67.716    |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.550                                 |            | 0                     |            | 1   |                 | 1.799     | 11.286    |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.670                                 |            | 0                     |            | 1   |                 | 8.731     | 54.788    |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.033     | 0.205     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.033     | 0.205     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.250                                 |            | 0                     |            | 1   |                 | 7.358     | 46.170    |           |
| 18:2 undifferentiated.....g              | 1.930                                 |            | 0                     |            | 1   |                 | 6.311     | 39.604    |           |
| 18:3 undifferentiated.....g              | 0.120                                 |            | 0                     |            | 1   |                 | 0.392     | 2.462     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.130                                 |            | 0                     |            | 1   |                 | 0.425     | 2.668     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.065     | 0.410     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.065     | 0.410     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 63                                    | 1.954      | 15                    |            | 1   |                 | 206       | 1293      |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.223                                 |            | 0                     |            | 1   |                 | 0.729     | 4.576     |           |
| Threonine.....g                          | 0.881                                 |            | 0                     |            | 1   |                 | 2.881     | 18.078    |           |
| Isoleucine.....g                         | 1.013                                 |            | 0                     |            | 1   |                 | 3.313     | 20.787    |           |
| Leucine.....g                            | 1.569                                 |            | 0                     |            | 1   |                 | 5.131     | 32.196    |           |
| Lysine.....g                             | 1.838                                 |            | 0                     |            | 1   |                 | 6.010     | 37.716    |           |
| Methionine.....g                         | 0.568                                 |            | 0                     |            | 1   |                 | 1.857     | 11.655    |           |
| Cystine.....g                            | 0.221                                 |            | 0                     |            | 1   |                 | 0.723     | 4.535     |           |
| Phenylalanine.....g                      | 0.790                                 |            | 0                     |            | 1   |                 | 2.583     | 16.211    |           |
| Tyrosine.....g                           | 0.767                                 |            | 0                     |            | 1   |                 | 2.508     | 15.739    |           |
| Valine.....g                             | 1.052                                 |            | 0                     |            | 1   |                 | 3.440     | 21.587    |           |
| Arginine.....g                           | 1.421                                 |            | 0                     |            | 1   |                 | 4.647     | 29.159    |           |
| Histidine.....g                          | 0.608                                 |            | 0                     |            | 1   |                 | 1.988     | 12.476    |           |
| Alanine.....g                            | 1.285                                 |            | 0                     |            | 1   |                 | 4.202     | 26.368    |           |
| Aspartic acid.....g                      | 1.946                                 |            | 0                     |            | 1   |                 | 6.363     | 39.932    |           |
| Glutamic acid.....g                      | 3.222                                 |            | 0                     |            | 1   |                 | 10.536    | 66.115    |           |
| Glycine.....g                            | 1.204                                 |            | 0                     |            | 1   |                 | 3.937     | 24.706    |           |
| Proline.....g                            | 0.935                                 |            | 0                     |            | 1   |                 | 3.057     | 19.186    |           |
| Serine.....g                             | 0.891                                 |            | 0                     |            | 1   |                 | 2.914     | 18.283    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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

**Common Measures:**

Measure 1 = 327g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2052g: .5 turkey, bone removed

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

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05234

Turkey, young hen, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.140                                 |            | 0                     |            | 1           |   | 1.596     | 2.417     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.160                                 |            | 0                     |            | 1           |   | 0.224     | 0.339     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.940                                 |            | 0                     |            | 1           |   | 1.316     | 1.993     |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.042     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.042     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.580                                 |            | 0                     |            | 1           |   | 2.212     | 3.350     |           |
| 18:2 undifferentiated.....g              | 1.200                                 |            | 0                     |            | 1           |   | 1.680     | 2.544     |           |
| 18:3 undifferentiated.....g              | 0.040                                 |            | 0                     |            | 1           |   | 0.056     | 0.085     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.230                                 |            | 0                     |            | 1           |   | 0.322     | 0.488     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                     |            | 1           |   | 0.056     | 0.085     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                     |            | 1           |   | 0.070     | 0.106     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 73                                    | 2.302      | 15                    |            | 1           |   | 102       | 155       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.332                                 |            | 0                     |            | 1           |   | 0.465     | 0.704     |           |
| Threonine.....g                          | 1.301                                 |            | 0                     |            | 1           |   | 1.821     | 2.758     |           |
| Isoleucine.....g                         | 1.521                                 |            | 0                     |            | 1           |   | 2.129     | 3.225     |           |
| Leucine.....g                            | 2.331                                 |            | 0                     |            | 1           |   | 3.263     | 4.942     |           |
| Lysine.....g                             | 2.757                                 |            | 0                     |            | 1           |   | 3.860     | 5.845     |           |
| Methionine.....g                         | 0.847                                 |            | 0                     |            | 1           |   | 1.186     | 1.796     |           |
| Cystine.....g                            | 0.304                                 |            | 0                     |            | 1           |   | 0.426     | 0.644     |           |
| Phenylalanine.....g                      | 1.161                                 |            | 0                     |            | 1           |   | 1.625     | 2.461     |           |
| Tyrosine.....g                           | 1.156                                 |            | 0                     |            | 1           |   | 1.618     | 2.451     |           |
| Valine.....g                             | 1.554                                 |            | 0                     |            | 1           |   | 2.176     | 3.294     |           |
| Arginine.....g                           | 2.040                                 |            | 0                     |            | 1           |   | 2.856     | 4.325     |           |
| Histidine.....g                          | 0.913                                 |            | 0                     |            | 1           |   | 1.278     | 1.936     |           |
| Alanine.....g                            | 1.811                                 |            | 0                     |            | 1           |   | 2.535     | 3.839     |           |
| Aspartic acid.....g                      | 2.841                                 |            | 0                     |            | 1           |   | 3.977     | 6.023     |           |
| Glutamic acid.....g                      | 4.774                                 |            | 0                     |            | 1           |   | 6.684     | 10.121    |           |
| Glycine.....g                            | 1.451                                 |            | 0                     |            | 1           |   | 2.031     | 3.076     |           |
| Proline.....g                            | 1.217                                 |            | 0                     |            | 1           |   | 1.704     | 2.580     |           |
| Serine.....g                             | 1.301                                 |            | 0                     |            | 1           |   | 1.821     | 2.758     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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

#### Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05233

Turkey, young hen, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.680                                 |            | 0              |            | 1           |   | 1.877     | 11.771    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.100                                 |            | 0              |            | 1           |   | 0.276     | 1.731     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.560                                 |            | 0              |            | 1           |   | 1.546     | 9.694     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.028     | 0.173     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.028     | 0.173     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.920                                 |            | 0              |            | 1           |   | 2.539     | 15.925    |           |
| 18:2 undifferentiated.....g              | 0.710                                 |            | 0              |            | 1           |   | 1.960     | 12.290    |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0              |            | 1           |   | 0.055     | 0.346     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.130                                 |            | 0              |            | 1           |   | 0.359     | 2.250     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.055     | 0.346     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.083     | 0.519     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 60                                    | 1.978      | 15             |            | 1           |   | 166       | 1039      |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.247                                 |            | 0              |            | 1           |   | 0.682     | 4.276     |           |
| Threonine.....g                          | 0.968                                 |            | 0              |            | 1           |   | 2.672     | 16.756    |           |
| Isoleucine.....g                         | 1.132                                 |            | 0              |            | 1           |   | 3.124     | 19.595    |           |
| Leucine.....g                            | 1.734                                 |            | 0              |            | 1           |   | 4.786     | 30.016    |           |
| Lysine.....g                             | 2.051                                 |            | 0              |            | 1           |   | 5.661     | 35.503    |           |
| Methionine.....g                         | 0.630                                 |            | 0              |            | 1           |   | 1.739     | 10.905    |           |
| Cystine.....g                            | 0.226                                 |            | 0              |            | 1           |   | 0.624     | 3.912     |           |
| Phenylalanine.....g                      | 0.864                                 |            | 0              |            | 1           |   | 2.385     | 14.956    |           |
| Tyrosine.....g                           | 0.860                                 |            | 0              |            | 1           |   | 2.374     | 14.887    |           |
| Valine.....g                             | 1.156                                 |            | 0              |            | 1           |   | 3.191     | 20.010    |           |
| Arginine.....g                           | 1.518                                 |            | 0              |            | 1           |   | 4.190     | 26.277    |           |
| Histidine.....g                          | 0.679                                 |            | 0              |            | 1           |   | 1.874     | 11.753    |           |
| Alanine.....g                            | 1.348                                 |            | 0              |            | 1           |   | 3.720     | 23.334    |           |
| Aspartic acid.....g                      | 2.114                                 |            | 0              |            | 1           |   | 5.835     | 36.593    |           |
| Glutamic acid.....g                      | 3.552                                 |            | 0              |            | 1           |   | 9.804     | 61.485    |           |
| Glycine.....g                            | 1.079                                 |            | 0              |            | 1           |   | 2.978     | 18.677    |           |
| Proline.....g                            | 0.905                                 |            | 0              |            | 1           |   | 2.498     | 15.666    |           |
| Serine.....g                             | 0.968                                 |            | 0              |            | 1           |   | 2.672     | 16.756    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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

**Common Measures:**

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

Measure 2 = 1731g: .5 turkey, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05236

Turkey, young hen, skin only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 18.940                                |            | 0       |       | 1      |   | 5.871     | 37.122    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 3.280                                 |            | 0       |       | 1      |   | 1.017     | 6.429     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 15.250                                |            | 0       |       | 1      |   | 4.728     | 29.890    |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 10.180                                |            | 0       |       | 1      |   | 3.156     | 19.953    |           |
| 18:2 undifferentiated.....g              | 9.200                                 |            | 0       |       | 1      |   | 2.852     | 18.032    |           |
| 18:3 undifferentiated.....g              | 0.690                                 |            | 0       |       | 1      |   | 0.214     | 1.352     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0       |       | 1      |   | 0.037     | 0.235     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 106                                   | 2.712      | 15      |       | 1      |   | 33        | 208       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.152                                 |            | 0       |       | 1      |   | 0.047     | 0.298     |           |
| Threonine.....g                          | 0.679                                 |            | 0       |       | 1      |   | 0.210     | 1.331     |           |
| Isoleucine.....g                         | 0.612                                 |            | 0       |       | 1      |   | 0.190     | 1.200     |           |
| Leucine.....g                            | 1.118                                 |            | 0       |       | 1      |   | 0.347     | 2.191     |           |
| Lysine.....g                             | 1.136                                 |            | 0       |       | 1      |   | 0.352     | 2.227     |           |
| Methionine.....g                         | 0.381                                 |            | 0       |       | 1      |   | 0.118     | 0.747     |           |
| Cystine.....g                            | 0.317                                 |            | 0       |       | 1      |   | 0.098     | 0.621     |           |
| Phenylalanine.....g                      | 0.642                                 |            | 0       |       | 1      |   | 0.199     | 1.258     |           |
| Tyrosine.....g                           | 0.432                                 |            | 0       |       | 1      |   | 0.134     | 0.847     |           |
| Valine.....g                             | 0.801                                 |            | 0       |       | 1      |   | 0.248     | 1.570     |           |
| Arginine.....g                           | 1.468                                 |            | 0       |       | 1      |   | 0.455     | 2.877     |           |
| Histidine.....g                          | 0.365                                 |            | 0       |       | 1      |   | 0.113     | 0.715     |           |
| Alanine.....g                            | 1.544                                 |            | 0       |       | 1      |   | 0.479     | 3.026     |           |
| Aspartic acid.....g                      | 1.702                                 |            | 0       |       | 1      |   | 0.528     | 3.336     |           |
| Glutamic acid.....g                      | 2.366                                 |            | 0       |       | 1      |   | 0.733     | 4.637     |           |
| Glycine.....g                            | 3.036                                 |            | 0       |       | 1      |   | 0.941     | 5.951     |           |
| Proline.....g                            | 1.775                                 |            | 0       |       | 1      |   | 0.550     | 3.479     |           |
| Serine.....g                             | 0.773                                 |            | 0       |       | 1      |   | 0.240     | 1.515     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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

#### Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 196g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 05235**  
**Turkey, young hen, skin only, raw**

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| Water.....g                           | 46.80                                 | 1.079      | 16                    |            | 1           |   | 23.87     | 150.23    |           |
| Energy.....kcal                       | 417                                   |            | 0                     | NC         | 4           |   | 213       | 1339      |           |
| Energy.....kj                         | 1745                                  |            |                       |            | 4           |   | 890       | 5601      |           |
| Protein (N x 6.25).....g              | 11.79                                 | 0.472      | 16                    |            | 1           |   | 6.01      | 37.85     |           |
| Total lipid (fat).....g               | 40.62                                 | 1.420      | 16                    |            | 1           |   | 20.72     | 130.39    |           |
| Ash.....g                             | 0.40                                  | 0.014      | 15                    |            | 1           |   | 0.20      | 1.28      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |             |   |           |           |           |
| Starch.....g                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 19                                    | 1.245      | 15                    |            | 1           |   | 10        | 61        |           |
| Iron, Fe.....mg                       | 1.52                                  | 0.084      | 15                    |            | 1           |   | 0.78      | 4.88      |           |
| Magnesium, Mg.....mg                  | 8                                     | 0.219      | 15                    |            | 1           |   | 4         | 26        |           |
| Phosphorus, P.....mg                  | 81                                    | 3.334      | 15                    |            | 1           |   | 41        | 260       |           |
| Potassium, K.....mg                   | 107                                   | 4.495      | 15                    |            | 1           |   | 55        | 343       |           |
| Sodium, Na.....mg                     | 32                                    | 1.085      | 15                    |            | 1           |   | 16        | 103       |           |
| Zinc, Zn.....mg                       | 1.26                                  | 0.059      | 3                     |            | 1           |   | 0.64      | 4.04      |           |
| Copper, Cu.....mg                     | 0.080                                 | 0.026      | 3                     |            | 1           |   | 0.041     | 0.257     |           |
| Manganese, Mn.....mg                  | 0.015                                 | 0.002      | 3                     |            | 1           |   | 0.008     | 0.048     |           |
| Selenium, Se.....mcg                  | 11.6                                  |            | 0                     | BFNN       | 4           |   | 5.9       | 37.2      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.019                                 | 0.001      | 15                    |            | 1           |   | 0.010     | 0.061     |           |
| Riboflavin.....mg                     | 0.083                                 | 0.007      | 15                    |            | 1           |   | 0.042     | 0.266     |           |
| Niacin.....mg                         | 1.368                                 | 0.110      | 15                    |            | 1           |   | 0.698     | 4.391     |           |
| Pantothenic acid.....mg               | 0.235                                 |            | 0                     |            | 1           |   | 0.120     | 0.754     |           |
| Vitamin B-6.....mg                    | 0.060                                 |            | 0                     |            | 1           |   | 0.031     | 0.193     |           |
| Folate, total.....mcg                 | 4                                     |            | 0                     |            | 1           |   | 2         | 13        |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 4                                     |            | 0                     |            | 1           |   | 2         | 13        |           |
| Folate, DFE.....mcg_DFE               | 4                                     |            | 0                     | NC         | 4           |   | 2         | 13        |           |
| Vitamin B-12.....mcg                  | 0.22                                  |            | 0                     |            | 1           |   | 0.11      | 0.71      |           |
| Vitamin A, IU.....IU                  | 27                                    | 6.110      | 3                     |            | 1           |   | 14        | 87        |           |
| Vitamin A, RAE.....mcg_RAE            | 8                                     | 1.835      | 3                     |            | 1           |   | 4         | 26        |           |
| Retinol.....mcg                       | 8                                     | 1.835      | 3                     |            | 1           |   | 4         | 26        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 10.600                                |            | 0                     |            | 1           |   | 5.406     | 34.026    |           |
| 4:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.310                                 | 0.017      | 14                    |            | 1           |   | 0.158     | 0.995     |           |
| 15:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 16:0.....g                            | 7.650                                 | 0.338      | 14                    |            | 1           |   | 3.902     | 24.557    |           |
| 17:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 18:0.....g                            | 2.020                                 | 0.102      | 14                    |            | 1           |   | 1.030     | 6.484     |           |
| 20:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |   |           |           |           |

**NDB No. 05235**  
**Turkey, young hen, skin only, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 17.310                                |            | 0                     |            | 1           |   | 8.828     | 55.565    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 3.000                                 | 0.168      | 14                    |            | 1           |   | 1.530     | 9.630     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 13.940                                | 0.583      | 14                    |            | 1           |   | 7.109     | 44.747    |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 9.300                                 |            | 0                     |            | 1           |   | 4.743     | 29.853    |           |
| 18:2 undifferentiated.....g              | 8.410                                 | 0.378      | 14                    |            | 1           |   | 4.289     | 26.996    |           |
| 18:3 undifferentiated.....g              | 0.620                                 | 0.044      | 11                    |            | 1           |   | 0.316     | 1.990     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 | 0.012      | 10                    |            | 1           |   | 0.056     | 0.353     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 81                                    | 2.656      | 15                    |            | 1           |   | 41        | 260       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b><u>Amino Acids:</u></b>               |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.094                                 |            | 0                     |            | 1           |   | 0.048     | 0.302     |           |
| Threonine.....g                          | 0.421                                 |            | 0                     |            | 1           |   | 0.215     | 1.351     |           |
| Isoleucine.....g                         | 0.379                                 |            | 0                     |            | 1           |   | 0.193     | 1.217     |           |
| Leucine.....g                            | 0.693                                 |            | 0                     |            | 1           |   | 0.353     | 2.225     |           |
| Lysine.....g                             | 0.704                                 |            | 0                     |            | 1           |   | 0.359     | 2.260     |           |
| Methionine.....g                         | 0.236                                 |            | 0                     |            | 1           |   | 0.120     | 0.758     |           |
| Cystine.....g                            | 0.196                                 |            | 0                     |            | 1           |   | 0.100     | 0.629     |           |
| Phenylalanine.....g                      | 0.398                                 |            | 0                     |            | 1           |   | 0.203     | 1.278     |           |
| Tyrosine.....g                           | 0.268                                 |            | 0                     |            | 1           |   | 0.137     | 0.860     |           |
| Valine.....g                             | 0.496                                 |            | 0                     |            | 1           |   | 0.253     | 1.592     |           |
| Arginine.....g                           | 0.910                                 |            | 0                     |            | 1           |   | 0.464     | 2.921     |           |
| Histidine.....g                          | 0.226                                 |            | 0                     |            | 1           |   | 0.115     | 0.725     |           |
| Alanine.....g                            | 0.957                                 |            | 0                     |            | 1           |   | 0.488     | 3.072     |           |
| Aspartic acid.....g                      | 1.055                                 |            | 0                     |            | 1           |   | 0.538     | 3.387     |           |
| Glutamic acid.....g                      | 1.466                                 |            | 0                     |            | 1           |   | 0.748     | 4.706     |           |
| Glycine.....g                            | 1.881                                 |            | 0                     |            | 1           |   | 0.959     | 6.038     |           |
| Proline.....g                            | 1.100                                 |            | 0                     |            | 1           |   | 0.561     | 3.531     |           |
| Serine.....g                             | 0.479                                 |            | 0                     |            | 1           |   | 0.244     | 1.538     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 321g: .5 turkey, skin only

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05252

Turkey, young hen, wing, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |       | Amount in edible portion of common measures of food |            |           |           |           |
|--|---------------------------------------|------------|----------------|-------|---|------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| Fatty acids, total monounsaturated.....g | 5.020                                 |            | 0              |       | 1   |            | 1.406     | 8.735     |           |
| 14:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 15:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 16:1 undifferentiated.....g              | 0.850                                 |            | 0              |       | 1   |            | 0.238     | 1.479     |           |
| 17:1.....g                               |                                       |            |                |       |   |            |           |           |           |
| 18:1 undifferentiated.....g              | 4.050                                 |            | 0              |       | 1   |            | 1.134     | 7.047     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |       | 1   |            | 0.003     | 0.017     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |       | 1   |            | 0.003     | 0.017     |           |
| 24:1 c.....g                             |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total polyunsaturated.....g | 3.190                                 |            | 0              |       | 1   |            | 0.893     | 5.551     |           |
| 18:2 undifferentiated.....g              | 2.700                                 |            | 0              |       | 1   |            | 0.756     | 4.698     |           |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0              |       | 1   |            | 0.050     | 0.313     |           |
| 18:4.....g                               |                                       |            |                |       |   |            |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |   |            |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |   |            |           |           |           |
| 20:4 undifferentiated.....g              | 0.180                                 |            | 0              |       | 1   |            | 0.050     | 0.313     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4   |            | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |       | 1   |            | 0.008     | 0.052     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |       | 1   |            | 0.008     | 0.052     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |   |            |           |           |           |
| Cholesterol.....mg                       | 77                                    |            | 0              |       | 1   |            | 22        | 134       |           |
| Phytosterols.....mg                      |                                       |            |                |       |   |            |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |       |   |            |           |           |           |
| Tryptophan.....g                         | 0.295                                 |            | 0              |       | 1   |            | 0.083     | 0.513     |           |
| Threonine.....g                          | 1.175                                 |            | 0              |       | 1   |            | 0.329     | 2.045     |           |
| Isoleucine.....g                         | 1.329                                 |            | 0              |       | 1   |            | 0.372     | 2.312     |           |
| Leucine.....g                            | 2.080                                 |            | 0              |       | 1   |            | 0.582     | 3.619     |           |
| Lysine.....g                             | 2.416                                 |            | 0              |       | 1   |            | 0.676     | 4.204     |           |
| Methionine.....g                         | 0.750                                 |            | 0              |       | 1   |            | 0.210     | 1.305     |           |
| Cystine.....g                            | 0.312                                 |            | 0              |       | 1   |            | 0.087     | 0.543     |           |
| Phenylalanine.....g                      | 1.056                                 |            | 0              |       | 1   |            | 0.296     | 1.837     |           |
| Tyrosine.....g                           | 1.002                                 |            | 0              |       | 1   |            | 0.281     | 1.743     |           |
| Valine.....g                             | 1.400                                 |            | 0              |       | 1   |            | 0.392     | 2.436     |           |
| Arginine.....g                           | 1.938                                 |            | 0              |       | 1   |            | 0.543     | 3.372     |           |
| Histidine.....g                          | 0.797                                 |            | 0              |       | 1   |            | 0.223     | 1.387     |           |
| Alanine.....g                            | 1.778                                 |            | 0              |       | 1   |            | 0.498     | 3.094     |           |
| Aspartic acid.....g                      | 2.616                                 |            | 0              |       | 1   |            | 0.732     | 4.552     |           |
| Glutamic acid.....g                      | 4.279                                 |            | 0              |       | 1   |            | 1.198     | 7.445     |           |
| Glycine.....g                            | 1.854                                 |            | 0              |       | 1   |            | 0.519     | 3.226     |           |
| Proline.....g                            | 1.371                                 |            | 0              |       | 1   |            | 0.384     | 2.386     |           |
| Serine.....g                             | 1.197                                 |            | 0              |       | 1   |            | 0.335     | 2.083     |           |
| Hydroxyproline.....g                     |                                       |            |                |       |   |            |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 28g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 174g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05251

Turkey, young hen, wing, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        |            | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |            |                                    |           |           |
|  |                                       |            | Points  |       |        |            |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 5.620                                 |            | 0       |       | 1      |            | 2.023                              | 12.589    |           |
| 14:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 15:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.970                                 |            | 0       |       | 1      |            | 0.349                              | 2.173     |           |
| 17:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 18:1 undifferentiated.....g              | 4.530                                 |            | 0       |       | 1      |            | 1.631                              | 10.147    |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |            | 0.004                              | 0.022     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |            | 0.004                              | 0.022     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |            |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 3.220                                 |            | 0       |       | 1      |            | 1.159                              | 7.213     |           |
| 18:2 undifferentiated.....g              | 2.840                                 |            | 0       |       | 1      |            | 1.022                              | 6.362     |           |
| 18:3 undifferentiated.....g              | 0.200                                 |            | 0       |       | 1      |            | 0.072                              | 0.448     |           |
| 18:4.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |            |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |            |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0       |       | 1      |            | 0.036                              | 0.224     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |            | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |            | 0.004                              | 0.022     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0       |       | 1      |            | 0.004                              | 0.022     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |            |                                    |           |           |
| Cholesterol.....mg                       | 65                                    |            | 0       |       | 1      |            | 23                                 | 146       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |            |                                    |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |            |                                    |           |           |
| Tryptophan.....g                         | 0.214                                 |            | 0       |       | 1      |            | 0.077                              | 0.479     |           |
| Threonine.....g                          | 0.854                                 |            | 0       |       | 1      |            | 0.307                              | 1.913     |           |
| Isoleucine.....g                         | 0.963                                 |            | 0       |       | 1      |            | 0.347                              | 2.157     |           |
| Leucine.....g                            | 1.511                                 |            | 0       |       | 1      |            | 0.544                              | 3.385     |           |
| Lysine.....g                             | 1.750                                 |            | 0       |       | 1      |            | 0.630                              | 3.920     |           |
| Methionine.....g                         | 0.544                                 |            | 0       |       | 1      |            | 0.196                              | 1.219     |           |
| Cystine.....g                            | 0.230                                 |            | 0       |       | 1      |            | 0.083                              | 0.515     |           |
| Phenylalanine.....g                      | 0.769                                 |            | 0       |       | 1      |            | 0.277                              | 1.723     |           |
| Tyrosine.....g                           | 0.725                                 |            | 0       |       | 1      |            | 0.261                              | 1.624     |           |
| Valine.....g                             | 1.018                                 |            | 0       |       | 1      |            | 0.366                              | 2.280     |           |
| Arginine.....g                           | 1.417                                 |            | 0       |       | 1      |            | 0.510                              | 3.174     |           |
| Histidine.....g                          | 0.578                                 |            | 0       |       | 1      |            | 0.208                              | 1.295     |           |
| Alanine.....g                            | 1.305                                 |            | 0       |       | 1      |            | 0.470                              | 2.923     |           |
| Aspartic acid.....g                      | 1.907                                 |            | 0       |       | 1      |            | 0.687                              | 4.272     |           |
| Glutamic acid.....g                      | 3.109                                 |            | 0       |       | 1      |            | 1.119                              | 6.964     |           |
| Glycine.....g                            | 1.395                                 |            | 0       |       | 1      |            | 0.502                              | 3.125     |           |
| Proline.....g                            | 1.020                                 |            | 0       |       | 1      |            | 0.367                              | 2.285     |           |
| Serine.....g                             | 0.872                                 |            | 0       |       | 1      |            | 0.314                              | 1.953     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |            |                                    |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 36g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 224g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young tom, back, meat and skin, cooked, roasted**

[illegible]



NDB No. 05270

Turkey, young tom, back, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |                               |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-------------------------------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code |                               |
|  |                                       |            |                       |            |   |                 |                               |
|  |                                       |            |                       |            |   |                 | Measure 1 Measure 2 Measure 3 |
| Fatty acids, total monounsaturated.....g | 4.730                                 |            | 0                     |            | 1   |                 | 17.974 1.561                  |
| 14:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 15:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 16:1 undifferentiated.....g              | 0.790                                 |            | 0                     |            | 1   |                 | 3.002 0.261                   |
| 17:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 18:1 undifferentiated.....g              | 3.840                                 |            | 0                     |            | 1   |                 | 14.592 1.267                  |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1   |                 | 0.076 0.007                   |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.038 0.003                   |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |                               |
| Fatty acids, total polyunsaturated.....g | 3.510                                 |            | 0                     |            | 1   |                 | 13.338 1.158                  |
| 18:2 undifferentiated.....g              | 3.020                                 |            | 0                     |            | 1   |                 | 11.476 0.997                  |
| 18:3 undifferentiated.....g              | 0.180                                 |            | 0                     |            | 1   |                 | 0.684 0.059                   |
| 18:4.....g                               |                                       |            |                       |            |   |                 |                               |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |                               |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |                               |
| 20:4 undifferentiated.....g              | 0.220                                 |            | 0                     |            | 1   |                 | 0.836 0.073                   |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000 0.000                   |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.114 0.010                   |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 | 0.152 0.013                   |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |                               |
| Cholesterol.....mg                       | 94                                    |            | 0                     |            | 1   |                 | 357 31                        |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |                               |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |                               |
| Tryptophan.....g                         | 0.290                                 |            | 0                     |            | 1   |                 | 1.102 0.096                   |
| Threonine.....g                          | 1.153                                 |            | 0                     |            | 1   |                 | 4.381 0.380                   |
| Isoleucine.....g                         | 1.305                                 |            | 0                     |            | 1   |                 | 4.959 0.431                   |
| Leucine.....g                            | 2.042                                 |            | 0                     |            | 1   |                 | 7.760 0.674                   |
| Lysine.....g                             | 2.372                                 |            | 0                     |            | 1   |                 | 9.014 0.783                   |
| Methionine.....g                         | 0.737                                 |            | 0                     |            | 1   |                 | 2.801 0.243                   |
| Cystine.....g                            | 0.306                                 |            | 0                     |            | 1   |                 | 1.163 0.101                   |
| Phenylalanine.....g                      | 1.037                                 |            | 0                     |            | 1   |                 | 3.941 0.342                   |
| Tyrosine.....g                           | 0.984                                 |            | 0                     |            | 1   |                 | 3.739 0.325                   |
| Valine.....g                             | 1.375                                 |            | 0                     |            | 1   |                 | 5.225 0.454                   |
| Arginine.....g                           | 1.902                                 |            | 0                     |            | 1   |                 | 7.228 0.628                   |
| Histidine.....g                          | 0.783                                 |            | 0                     |            | 1   |                 | 2.975 0.258                   |
| Alanine.....g                            | 1.745                                 |            | 0                     |            | 1   |                 | 6.631 0.576                   |
| Aspartic acid.....g                      | 2.569                                 |            | 0                     |            | 1   |                 | 9.762 0.848                   |
| Glutamic acid.....g                      | 4.201                                 |            | 0                     |            | 1   |                 | 15.964 1.386                  |
| Glycine.....g                            | 1.817                                 |            | 0                     |            | 1   |                 | 6.905 0.600                   |
| Proline.....g                            | 1.344                                 |            | 0                     |            | 1   |                 | 5.107 0.444                   |
| Serine.....g                             | 1.175                                 |            | 0                     |            | 1   |                 | 4.465 0.388                   |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |                               |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 380g: .5 back, bone removed

Measure 2 = 33g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05269

Turkey, young tom, back, 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         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.120                                 |            | 0              |            | 1           |   | 21.589    | 1.854     |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.690                                 |            | 0              |            | 1           |   | 3.616     | 0.311     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.330                                 |            | 0              |            | 1           |   | 17.449    | 1.499     |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.052     | 0.005     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.052     | 0.005     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.780                                 |            | 0              |            | 1           |   | 14.567    | 1.251     |           |
| 18:2 undifferentiated.....g              | 2.420                                 |            | 0              |            | 1           |   | 12.681    | 1.089     |           |
| 18:3 undifferentiated.....g              | 0.150                                 |            | 0              |            | 1           |   | 0.786     | 0.068     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.130                                 |            | 0              |            | 1           |   | 0.681     | 0.059     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.105     | 0.009     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.157     | 0.014     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 79                                    |            | 0              |            | 1           |   | 414       | 36        |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.200                                 |            | 0              |            | 1           |   | 1.048     | 0.090     |           |
| Threonine.....g                          | 0.795                                 |            | 0              |            | 1           |   | 4.166     | 0.358     |           |
| Isoleucine.....g                         | 0.900                                 |            | 0              |            | 1           |   | 4.716     | 0.405     |           |
| Leucine.....g                            | 1.408                                 |            | 0              |            | 1           |   | 7.378     | 0.634     |           |
| Lysine.....g                             | 1.635                                 |            | 0              |            | 1           |   | 8.567     | 0.736     |           |
| Methionine.....g                         | 0.507                                 |            | 0              |            | 1           |   | 2.657     | 0.228     |           |
| Cystine.....g                            | 0.211                                 |            | 0              |            | 1           |   | 1.106     | 0.095     |           |
| Phenylalanine.....g                      | 0.715                                 |            | 0              |            | 1           |   | 3.747     | 0.322     |           |
| Tyrosine.....g                           | 0.679                                 |            | 0              |            | 1           |   | 3.558     | 0.306     |           |
| Valine.....g                             | 0.948                                 |            | 0              |            | 1           |   | 4.968     | 0.427     |           |
| Arginine.....g                           | 1.311                                 |            | 0              |            | 1           |   | 6.870     | 0.590     |           |
| Histidine.....g                          | 0.539                                 |            | 0              |            | 1           |   | 2.824     | 0.243     |           |
| Alanine.....g                            | 1.202                                 |            | 0              |            | 1           |   | 6.298     | 0.541     |           |
| Aspartic acid.....g                      | 1.771                                 |            | 0              |            | 1           |   | 9.280     | 0.797     |           |
| Glutamic acid.....g                      | 2.896                                 |            | 0              |            | 1           |   | 15.175    | 1.303     |           |
| Glycine.....g                            | 1.252                                 |            | 0              |            | 1           |   | 6.560     | 0.563     |           |
| Proline.....g                            | 0.927                                 |            | 0              |            | 1           |   | 4.857     | 0.417     |           |
| Serine.....g                             | 0.810                                 |            | 0              |            | 1           |   | 4.244     | 0.365     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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#### Common Measures:

Measure 1 = 524g: .5 back, bone removed

Measure 2 = 45g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05272

Turkey, young tom, breast, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.510                                 |            | 0       |       | 1      |   | 2.887     | 33.358    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.420                                 |            | 0       |       | 1      |   | 0.483     | 5.582     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.030                                 |            | 0       |       | 1      |   | 2.335     | 26.979    |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |   | 0.012     | 0.133     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |   | 0.012     | 0.133     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.790                                 |            | 0       |       | 1      |   | 2.059     | 23.789    |           |
| 18:2 undifferentiated.....g              | 1.450                                 |            | 0       |       | 1      |   | 1.668     | 19.271    |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0       |       | 1      |   | 0.104     | 1.196     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0       |       | 1      |   | 0.173     | 1.994     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.023     | 0.266     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |   | 0.035     | 0.399     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 75                                    |            | 0       |       | 1      |   | 86        | 997       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.316                                 |            | 0       |       | 1      |   | 0.363     | 4.200     |           |
| Threonine.....g                          | 1.249                                 |            | 0       |       | 1      |   | 1.436     | 16.599    |           |
| Isoleucine.....g                         | 1.436                                 |            | 0       |       | 1      |   | 1.651     | 19.084    |           |
| Leucine.....g                            | 2.225                                 |            | 0       |       | 1      |   | 2.559     | 29.570    |           |
| Lysine.....g                             | 2.606                                 |            | 0       |       | 1      |   | 2.997     | 34.634    |           |
| Methionine.....g                         | 0.805                                 |            | 0       |       | 1      |   | 0.926     | 10.698    |           |
| Cystine.....g                            | 0.314                                 |            | 0       |       | 1      |   | 0.361     | 4.173     |           |
| Phenylalanine.....g                      | 1.120                                 |            | 0       |       | 1      |   | 1.288     | 14.885    |           |
| Tyrosine.....g                           | 1.087                                 |            | 0       |       | 1      |   | 1.250     | 14.446    |           |
| Valine.....g                             | 1.491                                 |            | 0       |       | 1      |   | 1.715     | 19.815    |           |
| Arginine.....g                           | 2.016                                 |            | 0       |       | 1      |   | 2.318     | 26.793    |           |
| Histidine.....g                          | 0.861                                 |            | 0       |       | 1      |   | 0.990     | 11.443    |           |
| Alanine.....g                            | 1.822                                 |            | 0       |       | 1      |   | 2.095     | 24.214    |           |
| Aspartic acid.....g                      | 2.758                                 |            | 0       |       | 1      |   | 3.172     | 36.654    |           |
| Glutamic acid.....g                      | 4.567                                 |            | 0       |       | 1      |   | 5.252     | 60.695    |           |
| Glycine.....g                            | 1.708                                 |            | 0       |       | 1      |   | 1.964     | 22.699    |           |
| Proline.....g                            | 1.326                                 |            | 0       |       | 1      |   | 1.525     | 17.623    |           |
| Serine.....g                             | 1.262                                 |            | 0       |       | 1      |   | 1.451     | 16.772    |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 115g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1329g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young tom, breast, meat and skin, raw**

**Refuse: 9% Bone**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |             |   |           |           |           |
| Water.....g                           | 70.68                                 |            | 0              |            | 1           |   | 109.55    | 1264.47   |           |
| Energy.....kcal                       | 151                                   |            | 0              | NC         | 4           |   | 234       | 2701      |           |
| Energy.....kJ                         | 632                                   |            |                |            | 4           |   | 979       | 11303     |           |
| Protein (N x 6.25).....g              | 21.96                                 |            | 0              |            | 1           |   | 34.04     | 392.86    |           |
| Total lipid (fat).....g               | 6.34                                  |            | 0              |            | 1           |   | 9.83      | 113.42    |           |
| Ash.....g                             | 0.91                                  |            | 0              |            | 1           |   | 1.41      | 16.28     |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7           |   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |             |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 13                                    |            | 0              |            | 1           |   | 20        | 233       |           |
| Iron, Fe.....mg                       | 1.04                                  |            | 0              |            | 1           |   | 1.61      | 18.61     |           |
| Magnesium, Mg.....mg                  | 24                                    |            | 0              |            | 1           |   | 37        | 429       |           |
| Phosphorus, P.....mg                  | 191                                   |            | 0              |            | 1           |   | 296       | 3417      |           |
| Potassium, K.....mg                   | 282                                   |            | 0              |            | 1           |   | 437       | 5045      |           |
| Sodium, Na.....mg                     | 63                                    |            | 0              |            | 1           |   | 98        | 1127      |           |
| Zinc, Zn.....mg                       | 1.61                                  |            | 0              |            | 1           |   | 2.50      | 28.80     |           |
| Copper, Cu.....mg                     | 0.065                                 |            | 0              |            | 1           |   | 0.101     | 1.163     |           |
| Manganese, Mn.....mg                  | 0.016                                 |            | 0              |            | 1           |   | 0.025     | 0.286     |           |
| Selenium, Se.....mcg                  | 22.0                                  |            | 0              | BFNN       | 4           |   | 34.1      | 393.6     |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.063                                 |            | 0              |            | 1           |   | 0.098     | 1.127     |           |
| Riboflavin.....mg                     | 0.109                                 |            | 0              |            | 1           |   | 0.169     | 1.950     |           |
| Niacin.....mg                         | 5.391                                 |            | 0              |            | 1           |   | 8.356     | 96.445    |           |
| Pantothenic acid.....mg               | 0.623                                 |            | 0              |            | 1           |   | 0.966     | 11.145    |           |
| Vitamin B-6.....mg                    | 0.480                                 |            | 0              |            | 1           |   | 0.744     | 8.587     |           |
| Folate, total.....mcg                 | 7                                     |            | 0              |            | 1           |   | 11        | 125       |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 7                                     |            | 0              |            | 1           |   | 11        | 125       |           |
| Folate, DFE.....mcg_DFE               | 7                                     |            | 0              | NC         | 4           |   | 11        | 125       |           |
| Vitamin B-12.....mcg                  | 0.42                                  |            | 0              |            | 1           |   | 0.65      | 7.51      |           |
| Vitamin A, IU.....IU                  | 7                                     |            | 0              |            | 1           |   | 11        | 125       |           |
| Vitamin A, RAE.....mcg_RAE            | 2                                     |            | 0              |            | 1           |   | 3         | 38        |           |
| Retinol.....mcg                       | 2                                     |            | 0              |            | 1           |   | 3         | 38        |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.730                                 |            | 0              |            | 1           |   | 2.682     | 30.950    |           |
| 4:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |             |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 |            | 0              |            | 1           |   | 0.016     | 0.179     |           |
| 13:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 14:0.....g                            | 0.050                                 |            | 0              |            | 1           |   | 0.078     | 0.895     |           |
| 15:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 16:0.....g                            | 1.130                                 |            | 0              |            | 1           |   | 1.752     | 20.216    |           |
| 17:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 18:0.....g                            | 0.380                                 |            | 0              |            | 1           |   | 0.589     | 6.798     |           |
| 20:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |             |   |           |           |           |

NDB No. 05271

Turkey, young tom, breast, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |                  |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|------------------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1                          | Measure 2 | measures of food |
|  |                                       |            |                             |               |                |                    |                                    |           | Measure 3        |
| Fatty acids, total monounsaturated.....g | 2.360                                 |            | 0                           |               | 1              |                    | 3.658                              | 42.220    |                  |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 16:1 undifferentiated.....g              | 0.400                                 |            | 0                           |               | 1              |                    | 0.620                              | 7.156     |                  |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 18:1 undifferentiated.....g              | 1.910                                 |            | 0                           |               | 1              |                    | 2.961                              | 34.170    |                  |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1              |                    | 0.016                              | 0.179     |                  |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.016                              | 0.179     |                  |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Fatty acids, total polyunsaturated.....g | 1.500                                 |            | 0                           |               | 1              |                    | 2.325                              | 26.835    |                  |
| 18:2 undifferentiated.....g              | 1.270                                 |            | 0                           |               | 1              |                    | 1.969                              | 22.720    |                  |
| 18:3 undifferentiated.....g              | 0.080                                 |            | 0                           |               | 1              |                    | 0.124                              | 1.431     |                  |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |                  |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0                           |               | 1              |                    | 0.140                              | 1.610     |                  |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |                  |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                           |               | 1              |                    | 0.016                              | 0.179     |                  |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                           |               | 1              |                    | 0.016                              | 0.179     |                  |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |                  |
| Cholesterol.....mg                       | 67                                    |            | 0                           |               | 1              |                    | 104                                | 1199      |                  |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |                  |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |                  |
| Tryptophan.....g                         | 0.243                                 |            | 0                           |               | 1              |                    | 0.377                              | 4.347     |                  |
| Threonine.....g                          | 0.960                                 |            | 0                           |               | 1              |                    | 1.488                              | 17.174    |                  |
| Isoleucine.....g                         | 1.104                                 |            | 0                           |               | 1              |                    | 1.711                              | 19.751    |                  |
| Leucine.....g                            | 1.710                                 |            | 0                           |               | 1              |                    | 2.651                              | 30.592    |                  |
| Lysine.....g                             | 2.003                                 |            | 0                           |               | 1              |                    | 3.105                              | 35.834    |                  |
| Methionine.....g                         | 0.618                                 |            | 0                           |               | 1              |                    | 0.958                              | 11.056    |                  |
| Cystine.....g                            | 0.241                                 |            | 0                           |               | 1              |                    | 0.374                              | 4.311     |                  |
| Phenylalanine.....g                      | 0.860                                 |            | 0                           |               | 1              |                    | 1.333                              | 15.385    |                  |
| Tyrosine.....g                           | 0.836                                 |            | 0                           |               | 1              |                    | 1.296                              | 14.956    |                  |
| Valine.....g                             | 1.145                                 |            | 0                           |               | 1              |                    | 1.775                              | 20.484    |                  |
| Arginine.....g                           | 1.545                                 |            | 0                           |               | 1              |                    | 2.395                              | 27.640    |                  |
| Histidine.....g                          | 0.662                                 |            | 0                           |               | 1              |                    | 1.026                              | 11.843    |                  |
| Alanine.....g                            | 1.396                                 |            | 0                           |               | 1              |                    | 2.164                              | 24.974    |                  |
| Aspartic acid.....g                      | 2.117                                 |            | 0                           |               | 1              |                    | 3.281                              | 37.873    |                  |
| Glutamic acid.....g                      | 3.509                                 |            | 0                           |               | 1              |                    | 5.439                              | 62.776    |                  |
| Glycine.....g                            | 1.299                                 |            | 0                           |               | 1              |                    | 2.013                              | 23.239    |                  |
| Proline.....g                            | 1.012                                 |            | 0                           |               | 1              |                    | 1.569                              | 18.105    |                  |
| Serine.....g                             | 0.969                                 |            | 0                           |               | 1              |                    | 1.502                              | 17.335    |                  |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |                  |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 155g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1789g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05264

Turkey, young tom, dark meat, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 3.410                                 |            | 0                     |            | 1   |                 | 3.512     | 40.374    |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.550                                 |            | 0                     |            | 1   |                 | 0.567     | 6.512     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 2.770                                 |            | 0                     |            | 1   |                 | 2.853     | 32.797    |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1   |                 | 0.021     | 0.237     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.010     | 0.118     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.910                                 |            | 0                     |            | 1   |                 | 2.997     | 34.454    |           |
| 18:2 undifferentiated.....g              | 2.460                                 |            | 0                     |            | 1   |                 | 2.534     | 29.126    |           |
| 18:3 undifferentiated.....g              | 0.130                                 |            | 0                     |            | 1   |                 | 0.134     | 1.539     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.230                                 |            | 0                     |            | 1   |                 | 0.237     | 2.723     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.031     | 0.355     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                     |            | 1   |                 | 0.052     | 0.592     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 91                                    | 2.905      | 20                    |            | 1   |                 | 94        | 1077      |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.305                                 |            | 0                     |            | 1   |                 | 0.314     | 3.611     |           |
| Threonine.....g                          | 1.204                                 |            | 0                     |            | 1   |                 | 1.240     | 14.255    |           |
| Isoleucine.....g                         | 1.383                                 |            | 0                     |            | 1   |                 | 1.424     | 16.375    |           |
| Leucine.....g                            | 2.144                                 |            | 0                     |            | 1   |                 | 2.208     | 25.385    |           |
| Lysine.....g                             | 2.510                                 |            | 0                     |            | 1   |                 | 2.585     | 29.718    |           |
| Methionine.....g                         | 0.776                                 |            | 0                     |            | 1   |                 | 0.799     | 9.188     |           |
| Cystine.....g                            | 0.303                                 |            | 0                     |            | 1   |                 | 0.312     | 3.588     |           |
| Phenylalanine.....g                      | 1.079                                 |            | 0                     |            | 1   |                 | 1.111     | 12.775    |           |
| Tyrosine.....g                           | 1.047                                 |            | 0                     |            | 1   |                 | 1.078     | 12.396    |           |
| Valine.....g                             | 1.437                                 |            | 0                     |            | 1   |                 | 1.480     | 17.014    |           |
| Arginine.....g                           | 1.943                                 |            | 0                     |            | 1   |                 | 2.001     | 23.005    |           |
| Histidine.....g                          | 0.830                                 |            | 0                     |            | 1   |                 | 0.855     | 9.827     |           |
| Alanine.....g                            | 1.757                                 |            | 0                     |            | 1   |                 | 1.810     | 20.803    |           |
| Aspartic acid.....g                      | 2.659                                 |            | 0                     |            | 1   |                 | 2.739     | 31.483    |           |
| Glutamic acid.....g                      | 4.401                                 |            | 0                     |            | 1   |                 | 4.533     | 52.108    |           |
| Glycine.....g                            | 1.651                                 |            | 0                     |            | 1   |                 | 1.701     | 19.548    |           |
| Proline.....g                            | 1.280                                 |            | 0                     |            | 1   |                 | 1.318     | 15.155    |           |
| Serine.....g                             | 1.217                                 |            | 0                     |            | 1   |                 | 1.254     | 14.409    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

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#### Common Measures:

Measure 1 = 103g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1184g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young tom, dark meat, meat and skin, raw**

[illegible]

NDB No. 05263

Turkey, young tom, dark meat, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                             |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 2.660                                 |            | 0                           |               | 1              |                    | 4.043                              | 46.763    |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.440                                 |            | 0                           |               | 1              |                    | 0.669                              | 7.735     |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 2.160                                 |            | 0                           |               | 1              |                    | 3.283                              | 37.973    |           |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1              |                    | 0.015                              | 0.176     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.015                              | 0.176     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 2.060                                 |            | 0                           |               | 1              |                    | 3.131                              | 36.215    |           |
| 18:2 undifferentiated.....g              | 1.760                                 |            | 0                           |               | 1              |                    | 2.675                              | 30.941    |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                           |               | 1              |                    | 0.152                              | 1.758     |           |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0                           |               | 1              |                    | 0.213                              | 2.461     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                           |               | 1              |                    | 0.030                              | 0.352     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                           |               | 1              |                    | 0.046                              | 0.527     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 77                                    | 1.604      | 20                          |               | 1              |                    | 117                                | 1354      |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Tryptophan.....g                         | 0.211                                 |            | 0                           |               | 1              |                    | 0.321                              | 3.709     |           |
| Threonine.....g                          | 0.832                                 |            | 0                           |               | 1              |                    | 1.265                              | 14.627    |           |
| Isoleucine.....g                         | 0.957                                 |            | 0                           |               | 1              |                    | 1.455                              | 16.824    |           |
| Leucine.....g                            | 1.482                                 |            | 0                           |               | 1              |                    | 2.253                              | 26.054    |           |
| Lysine.....g                             | 1.736                                 |            | 0                           |               | 1              |                    | 2.639                              | 30.519    |           |
| Methionine.....g                         | 0.536                                 |            | 0                           |               | 1              |                    | 0.815                              | 9.423     |           |
| Cystine.....g                            | 0.209                                 |            | 0                           |               | 1              |                    | 0.318                              | 3.674     |           |
| Phenylalanine.....g                      | 0.746                                 |            | 0                           |               | 1              |                    | 1.134                              | 13.115    |           |
| Tyrosine.....g                           | 0.724                                 |            | 0                           |               | 1              |                    | 1.100                              | 12.728    |           |
| Valine.....g                             | 0.993                                 |            | 0                           |               | 1              |                    | 1.509                              | 17.457    |           |
| Arginine.....g                           | 1.341                                 |            | 0                           |               | 1              |                    | 2.038                              | 23.575    |           |
| Histidine.....g                          | 0.574                                 |            | 0                           |               | 1              |                    | 0.872                              | 10.091    |           |
| Alanine.....g                            | 1.212                                 |            | 0                           |               | 1              |                    | 1.842                              | 21.307    |           |
| Aspartic acid.....g                      | 1.837                                 |            | 0                           |               | 1              |                    | 2.792                              | 32.294    |           |
| Glutamic acid.....g                      | 3.042                                 |            | 0                           |               | 1              |                    | 4.624                              | 53.478    |           |
| Glycine.....g                            | 1.130                                 |            | 0                           |               | 1              |                    | 1.718                              | 19.865    |           |
| Proline.....g                            | 0.880                                 |            | 0                           |               | 1              |                    | 1.338                              | 15.470    |           |
| Serine.....g                             | 0.841                                 |            | 0                           |               | 1              |                    | 1.278                              | 14.785    |           |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1758g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 05268

Turkey, young tom, dark meat, meat only, cooked, roasted

Refuse: 36% 27% bone, 9% skin

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            |                       |            |             |   |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                       |            |             |   |           |           |           |
| Water.....g                           | 63.07                                 | 0.428      | 20                    |            | 1           |   | 88.30     | 56.76     |           |
| Energy.....kcal                       | 185                                   |            | 0                     | NC         | 4           |   | 259       | 167       |           |
| Energy.....kj                         | 774                                   |            |                       |            | 4           |   | 1084      | 697       |           |
| Protein (N x 6.25).....g              | 28.68                                 | 0.188      | 20                    |            | 1           |   | 40.15     | 25.81     |           |
| Total lipid (fat).....g               | 6.98                                  | 0.330      | 20                    |            | 1           |   | 9.77      | 6.28      |           |
| Ash.....g                             | 1.01                                  | 0.012      | 20                    |            | 1           |   | 1.41      | 0.91      |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0                     | Z          | 7           |   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                       |            |             |   |           |           |           |
| Starch.....g                          |                                       |            |                       |            |             |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Calcium, Ca.....mg                    | 35                                    | 2.526      | 20                    |            | 1           |   | 49        | 32        |           |
| Iron, Fe.....mg                       | 2.33                                  | 0.088      | 20                    |            | 1           |   | 3.26      | 2.10      |           |
| Magnesium, Mg.....mg                  | 23                                    | 0.391      | 20                    |            | 1           |   | 32        | 21        |           |
| Phosphorus, P.....mg                  | 205                                   | 1.921      | 20                    |            | 1           |   | 287       | 185       |           |
| Potassium, K.....mg                   | 293                                   | 4.959      | 20                    |            | 1           |   | 410       | 264       |           |
| Sodium, Na.....mg                     | 82                                    | 1.056      | 20                    |            | 1           |   | 115       | 74        |           |
| Zinc, Zn.....mg                       | 4.56                                  | 0.271      | 4                     |            | 1           |   | 6.38      | 4.10      |           |
| Copper, Cu.....mg                     | 0.164                                 | 0.021      | 4                     |            | 1           |   | 0.230     | 0.148     |           |
| Manganese, Mn.....mg                  | 0.022                                 | 0.001      | 4                     |            | 1           |   | 0.031     | 0.020     |           |
| Selenium, Se.....mcg                  | 40.9                                  | 4.175      | 16                    | A          | 1           |   | 57.3      | 36.8      |           |
| <b>Vitamins:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0                     | Z          | 7           |   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.068                                 | 0.001      | 20                    |            | 1           |   | 0.095     | 0.061     |           |
| Riboflavin.....mg                     | 0.261                                 | 0.006      | 20                    |            | 1           |   | 0.365     | 0.235     |           |
| Niacin.....mg                         | 3.563                                 | 0.097      | 20                    |            | 1           |   | 4.988     | 3.207     |           |
| Pantothenic acid.....mg               | 1.325                                 |            | 0                     |            | 1           |   | 1.855     | 1.193     |           |
| Vitamin B-6.....mg                    | 0.370                                 |            | 0                     |            | 1           |   | 0.518     | 0.333     |           |
| Folate, total.....mcg                 | 10                                    |            | 0                     |            | 1           |   | 14        | 9         |           |
| Folic acid.....mcg                    | 0                                     |            | 0                     | Z          | 7           |   | 0         | 0         |           |
| Folate, food.....mcg                  | 10                                    |            | 0                     |            | 1           |   | 14        | 9         |           |
| Folate, DFE.....mcg_DFE               | 10                                    |            | 0                     | NC         | 4           |   | 14        | 9         |           |
| Vitamin B-12.....mcg                  | 0.38                                  |            | 0                     |            | 1           |   | 0.53      | 0.34      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0                     |            | 1           |   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0                     |            | 1           |   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0                     |            | 1           |   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                       |            |             |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                       |            |             |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                       |            |             |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total saturated.....g    | 2.340                                 |            | 0                     |            | 1           |   | 3.276     | 2.106     |           |
| 4:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 6:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 8:0.....g                             |                                       |            |                       |            |             |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.018     |           |
| 13:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 14:0.....g                            | 0.040                                 |            | 0                     |            | 1           |   | 0.056     | 0.036     |           |
| 15:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 16:0.....g                            | 1.240                                 |            | 0                     |            | 1           |   | 1.736     | 1.116     |           |
| 17:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 18:0.....g                            | 0.700                                 |            | 0                     |            | 1           |   | 0.980     | 0.630     |           |
| 20:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 22:0.....g                            |                                       |            |                       |            |             |   |           |           |           |
| 24:0.....g                            |                                       |            |                       |            |             |   |           |           |           |

NDB No. 05268

Turkey, young tom, dark meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.580                                 |            | 0                     |            | 1   |                 | 2.212     | 1.422     |           |
| 14:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 16:1 undifferentiated.....g              | 0.230                                 |            | 0                     |            | 1   |                 | 0.322     | 0.207     |           |
| 17:1.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 18:1 undifferentiated.....g              | 1.310                                 |            | 0                     |            | 1   |                 | 1.834     | 1.179     |           |
| 20:1.....g                               | 0.030                                 |            | 0                     |            | 1   |                 | 0.042     | 0.027     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0                     |            | 1   |                 | 0.028     | 0.018     |           |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.090                                 |            | 0                     |            | 1   |                 | 2.926     | 1.881     |           |
| 18:2 undifferentiated.....g              | 1.690                                 |            | 0                     |            | 1   |                 | 2.366     | 1.521     |           |
| 18:3 undifferentiated.....g              | 0.060                                 |            | 0                     |            | 1   |                 | 0.084     | 0.054     |           |
| 18:4.....g                               |                                       |            |                       |            |   |                 |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |           |           |           |
| 20:4 undifferentiated.....g              | 0.250                                 |            | 0                     |            | 1   |                 | 0.350     | 0.225     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.040                                 |            | 0                     |            | 1   |                 | 0.056     | 0.036     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0                     |            | 1   |                 | 0.070     | 0.045     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |           |           |           |
| Cholesterol.....mg                       | 88                                    | 2.824      | 20                    |            | 1   |                 | 123       | 79        |           |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |           |           |           |
| Tryptophan.....g                         | 0.326                                 |            | 0                     |            | 1   |                 | 0.456     | 0.293     |           |
| Threonine.....g                          | 1.276                                 |            | 0                     |            | 1   |                 | 1.786     | 1.148     |           |
| Isoleucine.....g                         | 1.491                                 |            | 0                     |            | 1   |                 | 2.087     | 1.342     |           |
| Leucine.....g                            | 2.285                                 |            | 0                     |            | 1   |                 | 3.199     | 2.057     |           |
| Lysine.....g                             | 2.703                                 |            | 0                     |            | 1   |                 | 3.784     | 2.433     |           |
| Methionine.....g                         | 0.831                                 |            | 0                     |            | 1   |                 | 1.163     | 0.748     |           |
| Cystine.....g                            | 0.298                                 |            | 0                     |            | 1   |                 | 0.417     | 0.268     |           |
| Phenylalanine.....g                      | 1.138                                 |            | 0                     |            | 1   |                 | 1.593     | 1.024     |           |
| Tyrosine.....g                           | 1.133                                 |            | 0                     |            | 1   |                 | 1.586     | 1.020     |           |
| Valine.....g                             | 1.524                                 |            | 0                     |            | 1   |                 | 2.134     | 1.372     |           |
| Arginine.....g                           | 2.001                                 |            | 0                     |            | 1   |                 | 2.801     | 1.801     |           |
| Histidine.....g                          | 0.895                                 |            | 0                     |            | 1   |                 | 1.253     | 0.806     |           |
| Alanine.....g                            | 1.776                                 |            | 0                     |            | 1   |                 | 2.486     | 1.598     |           |
| Aspartic acid.....g                      | 2.786                                 |            | 0                     |            | 1   |                 | 3.900     | 2.507     |           |
| Glutamic acid.....g                      | 4.681                                 |            | 0                     |            | 1   |                 | 6.553     | 4.213     |           |
| Glycine.....g                            | 1.423                                 |            | 0                     |            | 1   |                 | 1.992     | 1.281     |           |
| Proline.....g                            | 1.193                                 |            | 0                     |            | 1   |                 | 1.670     | 1.074     |           |
| Serine.....g                             | 1.276                                 |            | 0                     |            | 1   |                 | 1.786     | 1.148     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 90g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young tom, dark meat, meat only, raw**

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |            | Amount in edible portion of common measures of food |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|------------|---|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number of Data |            |   | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | Points         | Deriv Code | Source Code   |           |           |           |
|                                       |                                       |            |                |            | Confidence Code                                     |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |            |   |           |           |           |
| Water.....g                           | 74.70                                 | 0.193      | 22             |            | 1   | 99.35     | 1144.40   |           |
| Energy.....kcal                       | 123                                   |            | 0              | NC         | 4   | 164       | 1884      |           |
| Energy.....kj                         | 515                                   |            |                |            | 4   | 684       | 7884      |           |
| Protein (N x 6.25).....g              | 20.04                                 | 0.140      | 22             |            | 1   | 26.65     | 307.01    |           |
| Total lipid (fat).....g               | 4.11                                  | 0.151      | 22             |            | 1   | 5.47      | 62.97     |           |
| Ash.....g                             | 0.93                                  | 0.005      | 20             |            | 1   | 1.24      | 14.25     |           |
| Carbohydrate, by difference.....g     | 0.00                                  |            | 0              | Z          | 7   | 0.00      | 0.00      |           |
| Fiber, total dietary.....g            | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Sugars, total.....g                   |                                       |            |                |            |   |           |           |           |
| Starch.....g                          |                                       |            |                |            |   |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |            |   |           |           |           |
| Calcium, Ca.....mg                    | 17                                    | 0.824      | 20             |            | 1   | 23        | 260       |           |
| Iron, Fe.....mg                       | 1.62                                  | 0.063      | 20             |            | 1   | 2.15      | 24.82     |           |
| Magnesium, Mg.....mg                  | 21                                    | 0.374      | 20             |            | 1   | 28        | 322       |           |
| Phosphorus, P.....mg                  | 185                                   | 2.243      | 20             |            | 1   | 246       | 2834      |           |
| Potassium, K.....mg                   | 290                                   | 8.127      | 20             |            | 1   | 386       | 4443      |           |
| Sodium, Na.....mg                     | 80                                    | 1.904      | 20             |            | 1   | 106       | 1226      |           |
| Zinc, Zn.....mg                       | 3.38                                  | 0.027      | 4              |            | 1   | 4.50      | 51.78     |           |
| Copper, Cu.....mg                     | 0.141                                 | 0.006      | 4              |            | 1   | 0.188     | 2.160     |           |
| Manganese, Mn.....mg                  | 0.021                                 | 0.001      | 4              |            | 1   | 0.028     | 0.322     |           |
| Selenium, Se.....mcg                  | 28.6                                  |            | 0              | BFZN       | 4   | 38.0      | 438.2     |           |
| <b>Vitamins:</b>                      |                                       |            |                |            |   |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 0              | Z          | 7   | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.089                                 | 0.003      | 20             |            | 1   | 0.118     | 1.363     |           |
| Riboflavin.....mg                     | 0.224                                 | 0.006      | 20             |            | 1   | 0.298     | 3.432     |           |
| Niacin.....mg                         | 3.313                                 | 0.144      | 20             |            | 1   | 4.406     | 50.755    |           |
| Pantothenic acid.....mg               | 1.153                                 |            | 0              |            | 1   | 1.533     | 17.664    |           |
| Vitamin B-6.....mg                    | 0.360                                 |            | 0              |            | 1   | 0.479     | 5.515     |           |
| Folate, total.....mcg                 | 11                                    |            | 0              |            | 1   | 15        | 169       |           |
| Folic acid.....mcg                    | 0                                     |            | 0              | Z          | 7   | 0         | 0         |           |
| Folate, food.....mcg                  | 11                                    |            | 0              |            | 1   | 15        | 169       |           |
| Folate, DFE.....mcg_DFE               | 11                                    |            | 0              | NC         | 4   | 15        | 169       |           |
| Vitamin B-12.....mcg                  | 0.40                                  |            | 0              |            | 1   | 0.53      | 6.13      |           |
| Vitamin A, IU.....IU                  | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin A, RAE.....mcg_RAE            | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Retinol.....mcg                       | 0                                     |            | 0              |            | 1   | 0         | 0         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |            |   |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |            |   |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |            |   |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |            |   |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |            |   |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |            |   |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |            |   |           |           |           |
| Fatty acids, total saturated.....g    | 1.380                                 |            | 0              |            | 1   | 1.835     | 21.142    |           |
| 4:0.....g                             |                                       |            |                |            |   |           |           |           |
| 6:0.....g                             |                                       |            |                |            |   |           |           |           |
| 8:0.....g                             |                                       |            |                |            |   |           |           |           |
| 10:0.....g                            | 0.000                                 |            | 0              |            | 4   | 0.000     | 0.000     |           |
| 12:0.....g                            | 0.010                                 | 0.003      | 6              |            | 1   | 0.013     | 0.153     |           |
| 13:0.....g                            |                                       |            |                |            |   |           |           |           |
| 14:0.....g                            | 0.030                                 | 0.005      | 8              |            | 1   | 0.040     | 0.460     |           |
| 15:0.....g                            |                                       |            |                |            |   |           |           |           |
| 16:0.....g                            | 0.730                                 | 0.069      | 8              |            | 1   | 0.971     | 11.184    |           |
| 17:0.....g                            |                                       |            |                |            |   |           |           |           |
| 18:0.....g                            | 0.410                                 | 0.036      | 8              |            | 1   | 0.545     | 6.281     |           |
| 20:0.....g                            |                                       |            |                |            |   |           |           |           |
| 22:0.....g                            |                                       |            |                |            |   |           |           |           |
| 24:0.....g                            |                                       |            |                |            |   |           |           |           |

NDB No. 05267

Turkey, young tom, dark meat, meat only, raw

| Nutrients and Units                      | <u>Amount in 100 grams of edible portion</u> |            |                             |               |                |                    | <u>Amount in edible portion of common</u> |           |           |
|--|--|------------|-----------------------------|---------------|----------------|--------------------|---|-----------|-----------|
|  | Mean   | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | <u>measures of food</u>                   |           |           |
|  |  |            |                             |               |                |                    | Measure 1                                 | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 0.930  |            | 0                           |               | 1              |                    | 1.237                                     | 14.248    |           |
| 14:1.....g                               |  |            |                             |               |                |                    |   |           |           |
| 15:1.....g                               |  |            |                             |               |                |                    |   |           |           |
| 16:1 undifferentiated.....g              | 0.140  | 0.032      | 8                           |               | 1              |                    | 0.186                                     | 2.145     |           |
| 17:1.....g                               |  |            |                             |               |                |                    |   |           |           |
| 18:1 undifferentiated.....g              | 0.770  | 0.075      | 8                           |               | 1              |                    | 1.024                                     | 11.796    |           |
| 20:1.....g                               | 0.020  | 0.002      | 7                           |               | 1              |                    | 0.027                                     | 0.306     |           |
| 22:1 undifferentiated.....g              | 0.010  | 0.003      | 7                           |               | 1              |                    | 0.013                                     | 0.153     |           |
| 24:1 c.....g                             |  |            |                             |               |                |                    |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.230  |            | 0                           |               | 1              |                    | 1.636                                     | 18.844    |           |
| 18:2 undifferentiated.....g              | 1.000  | 0.093      | 8                           |               | 1              |                    | 1.330                                     | 15.320    |           |
| 18:3 undifferentiated.....g              | 0.040  | 0.012      | 8                           |               | 1              |                    | 0.053                                     | 0.613     |           |
| 18:4.....g                               |  |            |                             |               |                |                    |   |           |           |
| 20:2 n-6 c,c.....g                       |  |            |                             |               |                |                    |   |           |           |
| 20:3 undifferentiated.....g              |  |            |                             |               |                |                    |   |           |           |
| 20:4 undifferentiated.....g              | 0.150  | 0.024      | 8                           |               | 1              |                    | 0.200                                     | 2.298     |           |
| 20:5 n-3.....g                           | 0.000  |            | 0                           |               | 4              |                    | 0.000                                     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020  | 0.005      | 7                           |               | 1              |                    | 0.027                                     | 0.306     |           |
| 22:6 n-3.....g                           | 0.030  | 0.017      | 7                           |               | 1              |                    | 0.040                                     | 0.460     |           |
| Fatty acids, total trans.....g           |  |            |                             |               |                |                    |   |           |           |
| Cholesterol.....mg                       | 75   | 1.626      | 20                          |               | 1              |                    | 100                                       | 1149      |           |
| Phytosterols.....mg                      |  |            |                             |               |                |                    |   |           |           |
| <b><u>Amino Acids:</u></b>               |  |            |                             |               |                |                    |   |           |           |
| Tryptophan.....g                         | 0.228  |            | 0                           |               | 1              |                    | 0.303                                     | 3.493     |           |
| Threonine.....g                          | 0.892  |            | 0                           |               | 1              |                    | 1.186                                     | 13.665    |           |
| Isoleucine.....g                         | 1.042  |            | 0                           |               | 1              |                    | 1.386                                     | 15.963    |           |
| Leucine.....g                            | 1.597  |            | 0                           |               | 1              |                    | 2.124                                     | 24.466    |           |
| Lysine.....g                             | 1.889  |            | 0                           |               | 1              |                    | 2.512                                     | 28.939    |           |
| Methionine.....g                         | 0.580  |            | 0                           |               | 1              |                    | 0.771                                     | 8.886     |           |
| Cystine.....g                            | 0.208  |            | 0                           |               | 1              |                    | 0.277                                     | 3.187     |           |
| Phenylalanine.....g                      | 0.795  |            | 0                           |               | 1              |                    | 1.057                                     | 12.179    |           |
| Tyrosine.....g                           | 0.792  |            | 0                           |               | 1              |                    | 1.053                                     | 12.133    |           |
| Valine.....g                             | 1.065  |            | 0                           |               | 1              |                    | 1.416                                     | 16.316    |           |
| Arginine.....g                           | 1.398  |            | 0                           |               | 1              |                    | 1.859                                     | 21.417    |           |
| Histidine.....g                          | 0.625  |            | 0                           |               | 1              |                    | 0.831                                     | 9.575     |           |
| Alanine.....g                            | 1.241  |            | 0                           |               | 1              |                    | 1.651                                     | 19.012    |           |
| Aspartic acid.....g                      | 1.947  |            | 0                           |               | 1              |                    | 2.590                                     | 29.828    |           |
| Glutamic acid.....g                      | 3.271  |            | 0                           |               | 1              |                    | 4.350                                     | 50.112    |           |
| Glycine.....g                            | 0.994  |            | 0                           |               | 1              |                    | 1.322                                     | 15.228    |           |
| Proline.....g                            | 0.834  |            | 0                           |               | 1              |                    | 1.109                                     | 12.777    |           |
| Serine.....g                             | 0.892  |            | 0                           |               | 1              |                    | 1.186                                     | 13.665    |           |
| Hydroxyproline.....g                     |  |            |                             |               |                |                    |   |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 133g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1532g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05274

Turkey, young tom, leg, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   | Code  |           |           |           |
|  |                                       |            | Points  |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.830                                 |            | 0       |       | 1      |   | 22.782    | 1.981     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.450                                 |            | 0       |       | 1      |   | 3.623     | 0.315     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.310                                 |            | 0       |       | 1      |   | 18.596    | 1.617     |           |
| 20:1.....g                               | 0.030                                 |            | 0       |       | 1      |   | 0.242     | 0.021     |           |
| 22:1 undifferentiated.....g              | 0.020                                 |            | 0       |       | 1      |   | 0.161     | 0.014     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.660                                 |            | 0       |       | 1      |   | 21.413    | 1.862     |           |
| 18:2 undifferentiated.....g              | 2.220                                 |            | 0       |       | 1      |   | 17.871    | 1.554     |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0       |       | 1      |   | 0.886     | 0.077     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.230                                 |            | 0       |       | 1      |   | 1.852     | 0.161     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0       |       | 1      |   | 0.242     | 0.021     |           |
| 22:6 n-3.....g                           | 0.050                                 |            | 0       |       | 1      |   | 0.403     | 0.035     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 90                                    |            | 0       |       | 1      |   | 725       | 63        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.312                                 |            | 0       |       | 1      |   | 2.512     | 0.218     |           |
| Threonine.....g                          | 1.227                                 |            | 0       |       | 1      |   | 9.877     | 0.859     |           |
| Isoleucine.....g                         | 1.417                                 |            | 0       |       | 1      |   | 11.407    | 0.992     |           |
| Leucine.....g                            | 2.188                                 |            | 0       |       | 1      |   | 17.613    | 1.532     |           |
| Lysine.....g                             | 2.572                                 |            | 0       |       | 1      |   | 20.705    | 1.800     |           |
| Methionine.....g                         | 0.794                                 |            | 0       |       | 1      |   | 6.392     | 0.556     |           |
| Cystine.....g                            | 0.301                                 |            | 0       |       | 1      |   | 2.423     | 0.211     |           |
| Phenylalanine.....g                      | 1.098                                 |            | 0       |       | 1      |   | 8.839     | 0.769     |           |
| Tyrosine.....g                           | 1.074                                 |            | 0       |       | 1      |   | 8.646     | 0.752     |           |
| Valine.....g                             | 1.465                                 |            | 0       |       | 1      |   | 11.793    | 1.026     |           |
| Arginine.....g                           | 1.962                                 |            | 0       |       | 1      |   | 15.794    | 1.373     |           |
| Histidine.....g                          | 0.851                                 |            | 0       |       | 1      |   | 6.851     | 0.596     |           |
| Alanine.....g                            | 1.764                                 |            | 0       |       | 1      |   | 14.200    | 1.235     |           |
| Aspartic acid.....g                      | 2.700                                 |            | 0       |       | 1      |   | 21.735    | 1.890     |           |
| Glutamic acid.....g                      | 4.490                                 |            | 0       |       | 1      |   | 36.145    | 3.143     |           |
| Glycine.....g                            | 1.580                                 |            | 0       |       | 1      |   | 12.719    | 1.106     |           |
| Proline.....g                            | 1.253                                 |            | 0       |       | 1      |   | 10.087    | 0.877     |           |
| Serine.....g                             | 1.236                                 |            | 0       |       | 1      |   | 9.950     | 0.865     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 805g: 1 leg, bone removed (yield after cooking)

Measure 2 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05273

Turkey, young tom, leg, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.940                                 |            | 0              |            | 1           |   | 2.076     | 23.940    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.310                                 |            | 0              |            | 1           |   | 0.332     | 3.825     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.580                                 |            | 0              |            | 1           |   | 1.691     | 19.497    |           |
| 20:1.....g                               | 0.020                                 |            | 0              |            | 1           |   | 0.021     | 0.247     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.011     | 0.123     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.720                                 |            | 0              |            | 1           |   | 1.840     | 21.225    |           |
| 18:2 undifferentiated.....g              | 1.450                                 |            | 0              |            | 1           |   | 1.552     | 17.893    |           |
| 18:3 undifferentiated.....g              | 0.070                                 |            | 0              |            | 1           |   | 0.075     | 0.864     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0              |            | 1           |   | 0.150     | 1.728     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |   | 0.021     | 0.247     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0              |            | 1           |   | 0.032     | 0.370     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 76                                    |            | 0              |            | 1           |   | 81        | 938       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.219                                 |            | 0              |            | 1           |   | 0.234     | 2.702     |           |
| Threonine.....g                          | 0.861                                 |            | 0              |            | 1           |   | 0.921     | 10.625    |           |
| Isoleucine.....g                         | 0.997                                 |            | 0              |            | 1           |   | 1.067     | 12.303    |           |
| Leucine.....g                            | 1.537                                 |            | 0              |            | 1           |   | 1.645     | 18.967    |           |
| Lysine.....g                             | 1.809                                 |            | 0              |            | 1           |   | 1.936     | 22.323    |           |
| Methionine.....g                         | 0.557                                 |            | 0              |            | 1           |   | 0.596     | 6.873     |           |
| Cystine.....g                            | 0.209                                 |            | 0              |            | 1           |   | 0.224     | 2.579     |           |
| Phenylalanine.....g                      | 0.770                                 |            | 0              |            | 1           |   | 0.824     | 9.502     |           |
| Tyrosine.....g                           | 0.756                                 |            | 0              |            | 1           |   | 0.809     | 9.329     |           |
| Valine.....g                             | 1.028                                 |            | 0              |            | 1           |   | 1.100     | 12.686    |           |
| Arginine.....g                           | 1.370                                 |            | 0              |            | 1           |   | 1.466     | 16.906    |           |
| Histidine.....g                          | 0.598                                 |            | 0              |            | 1           |   | 0.640     | 7.379     |           |
| Alanine.....g                            | 1.229                                 |            | 0              |            | 1           |   | 1.315     | 15.166    |           |
| Aspartic acid.....g                      | 1.891                                 |            | 0              |            | 1           |   | 2.023     | 23.335    |           |
| Glutamic acid.....g                      | 3.152                                 |            | 0              |            | 1           |   | 3.373     | 38.896    |           |
| Glycine.....g                            | 1.076                                 |            | 0              |            | 1           |   | 1.151     | 13.278    |           |
| Proline.....g                            | 0.863                                 |            | 0              |            | 1           |   | 0.923     | 10.649    |           |
| Serine.....g                             | 0.866                                 |            | 0              |            | 1           |   | 0.927     | 10.686    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 107g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1234g: 1 leg, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05262

Turkey, young tom, light meat, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            | Amount in edible portion of common measures of food |                 |                               |
|--|---------------------------------------|------------|-----------------------|------------|---|-----------------|-------------------------------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code   | Confidence Code |                               |
|  |                                       |            |                       |            |   |                 |                               |
|  |                                       |            |                       |            |   |                 | Measure 1 Measure 2 Measure 3 |
| Fatty acids, total monounsaturated.....g | 2.660                                 |            | 0                     |            | 1   |                 | 3.618 41.656                  |
| 14:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 15:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 16:1 undifferentiated.....g              | 0.440                                 |            | 0                     |            | 1   |                 | 0.598 6.890                   |
| 17:1.....g                               |                                       |            |                       |            |   |                 |                               |
| 18:1 undifferentiated.....g              | 2.150                                 |            | 0                     |            | 1   |                 | 2.924 33.669                  |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1   |                 | 0.014 0.157                   |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1   |                 | 0.014 0.157                   |
| 24:1 c.....g                             |                                       |            |                       |            |   |                 |                               |
| Fatty acids, total polyunsaturated.....g | 1.860                                 |            | 0                     |            | 1   |                 | 2.530 29.128                  |
| 18:2 undifferentiated.....g              | 1.520                                 |            | 0                     |            | 1   |                 | 2.067 23.803                  |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1   |                 | 0.122 1.409                   |
| 18:4.....g                               |                                       |            |                       |            |   |                 |                               |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |   |                 |                               |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |   |                 |                               |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0                     |            | 1   |                 | 0.190 2.192                   |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4   |                 | 0.000 0.000                   |
| 22:5 n-3.....g                           | 0.020                                 |            | 0                     |            | 1   |                 | 0.027 0.313                   |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                     |            | 1   |                 | 0.041 0.470                   |
| Fatty acids, total trans.....g           |                                       |            |                       |            |   |                 |                               |
| Cholesterol.....mg                       | 75                                    | 2.287      | 20                    |            | 1   |                 | 102 1175                      |
| Phytosterols.....mg                      |                                       |            |                       |            |   |                 |                               |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |   |                 |                               |
| Tryptophan.....g                         | 0.314                                 |            | 0                     |            | 1   |                 | 0.427 4.917                   |
| Threonine.....g                          | 1.242                                 |            | 0                     |            | 1   |                 | 1.689 19.450                  |
| Isoleucine.....g                         | 1.424                                 |            | 0                     |            | 1   |                 | 1.937 22.300                  |
| Leucine.....g                            | 2.209                                 |            | 0                     |            | 1   |                 | 3.004 34.593                  |
| Lysine.....g                             | 2.585                                 |            | 0                     |            | 1   |                 | 3.516 40.481                  |
| Methionine.....g                         | 0.799                                 |            | 0                     |            | 1   |                 | 1.087 12.512                  |
| Cystine.....g                            | 0.314                                 |            | 0                     |            | 1   |                 | 0.427 4.917                   |
| Phenylalanine.....g                      | 1.113                                 |            | 0                     |            | 1   |                 | 1.514 17.430                  |
| Tyrosine.....g                           | 1.077                                 |            | 0                     |            | 1   |                 | 1.465 16.866                  |
| Valine.....g                             | 1.481                                 |            | 0                     |            | 1   |                 | 2.014 23.192                  |
| Arginine.....g                           | 2.008                                 |            | 0                     |            | 1   |                 | 2.731 31.445                  |
| Histidine.....g                          | 0.854                                 |            | 0                     |            | 1   |                 | 1.161 13.374                  |
| Alanine.....g                            | 1.819                                 |            | 0                     |            | 1   |                 | 2.474 28.486                  |
| Aspartic acid.....g                      | 2.744                                 |            | 0                     |            | 1   |                 | 3.732 42.971                  |
| Glutamic acid.....g                      | 4.537                                 |            | 0                     |            | 1   |                 | 6.170 71.049                  |
| Glycine.....g                            | 1.727                                 |            | 0                     |            | 1   |                 | 2.349 27.045                  |
| Proline.....g                            | 1.333                                 |            | 0                     |            | 1   |                 | 1.813 20.875                  |
| Serine.....g                             | 1.256                                 |            | 0                     |            | 1   |                 | 1.708 19.669                  |
| Hydroxyproline.....g                     |                                       |            |                       |            |   |                 |                               |

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#### Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1566g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05261

Turkey, young tom, light meat, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.680                                 |            | 0                     |            | 1           |   | 4.958     | 57.272    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.450                                 |            | 0                     |            | 1           |   | 0.833     | 9.617     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.160                                 |            | 0                     |            | 1           |   | 3.996     | 46.159    |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.019     | 0.214     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.019     | 0.214     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.660                                 |            | 0                     |            | 1           |   | 3.071     | 35.474    |           |
| 18:2 undifferentiated.....g              | 1.420                                 |            | 0                     |            | 1           |   | 2.627     | 30.345    |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0                     |            | 1           |   | 0.167     | 1.923     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 |            | 0                     |            | 1           |   | 0.148     | 1.710     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.019     | 0.214     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.019     | 0.214     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 67                                    | 1.256      | 20                    |            | 1           |   | 124       | 1432      |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.238                                 |            | 0                     |            | 1           |   | 0.440     | 5.086     |           |
| Threonine.....g                          | 0.942                                 |            | 0                     |            | 1           |   | 1.743     | 20.131    |           |
| Isoleucine.....g                         | 1.080                                 |            | 0                     |            | 1           |   | 1.998     | 23.080    |           |
| Leucine.....g                            | 1.676                                 |            | 0                     |            | 1           |   | 3.101     | 35.816    |           |
| Lysine.....g                             | 1.960                                 |            | 0                     |            | 1           |   | 3.626     | 41.885    |           |
| Methionine.....g                         | 0.606                                 |            | 0                     |            | 1           |   | 1.121     | 12.950    |           |
| Cystine.....g                            | 0.239                                 |            | 0                     |            | 1           |   | 0.442     | 5.107     |           |
| Phenylalanine.....g                      | 0.845                                 |            | 0                     |            | 1           |   | 1.563     | 18.058    |           |
| Tyrosine.....g                           | 0.817                                 |            | 0                     |            | 1           |   | 1.511     | 17.459    |           |
| Valine.....g                             | 1.124                                 |            | 0                     |            | 1           |   | 2.079     | 24.020    |           |
| Arginine.....g                           | 1.526                                 |            | 0                     |            | 1           |   | 2.823     | 32.611    |           |
| Histidine.....g                          | 0.648                                 |            | 0                     |            | 1           |   | 1.199     | 13.848    |           |
| Alanine.....g                            | 1.383                                 |            | 0                     |            | 1           |   | 2.559     | 29.555    |           |
| Aspartic acid.....g                      | 2.083                                 |            | 0                     |            | 1           |   | 3.854     | 44.514    |           |
| Glutamic acid.....g                      | 3.442                                 |            | 0                     |            | 1           |   | 6.368     | 73.556    |           |
| Glycine.....g                            | 1.322                                 |            | 0                     |            | 1           |   | 2.446     | 28.251    |           |
| Proline.....g                            | 1.017                                 |            | 0                     |            | 1           |   | 1.881     | 21.733    |           |
| Serine.....g                             | 0.953                                 |            | 0                     |            | 1           |   | 1.763     | 20.366    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2137g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05266

Turkey, young tom, light meat, meat only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 0.510                                 |            | 0                           |               | 1              |                    | 0.714                              | 0.597     |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.070                                 |            | 0                           |               | 1              |                    | 0.098                              | 0.082     |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 0.420                                 |            | 0                           |               | 1              |                    | 0.588                              | 0.491     |           |
| 20:1.....g                               | 0.010                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.012     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.012     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 0.780                                 |            | 0                           |               | 1              |                    | 1.092                              | 0.913     |           |
| 18:2 undifferentiated.....g              | 0.510                                 |            | 0                           |               | 1              |                    | 0.714                              | 0.597     |           |
| 18:3 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.014                              | 0.012     |           |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.150                                 |            | 0                           |               | 1              |                    | 0.210                              | 0.176     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                           |               | 1              |                    | 0.042                              | 0.035     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                           |               | 1              |                    | 0.042                              | 0.035     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 69                                    | 2.169      | 20                          |               | 1              |                    | 97                                 | 81        |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Tryptophan.....g                         | 0.339                                 |            | 0                           |               | 1              |                    | 0.475                              | 0.397     |           |
| Threonine.....g                          | 1.329                                 |            | 0                           |               | 1              |                    | 1.861                              | 1.555     |           |
| Isoleucine.....g                         | 1.554                                 |            | 0                           |               | 1              |                    | 2.176                              | 1.818     |           |
| Leucine.....g                            | 2.381                                 |            | 0                           |               | 1              |                    | 3.333                              | 2.786     |           |
| Lysine.....g                             | 2.816                                 |            | 0                           |               | 1              |                    | 3.942                              | 3.295     |           |
| Methionine.....g                         | 0.865                                 |            | 0                           |               | 1              |                    | 1.211                              | 1.012     |           |
| Cystine.....g                            | 0.311                                 |            | 0                           |               | 1              |                    | 0.435                              | 0.364     |           |
| Phenylalanine.....g                      | 1.186                                 |            | 0                           |               | 1              |                    | 1.660                              | 1.388     |           |
| Tyrosine.....g                           | 1.181                                 |            | 0                           |               | 1              |                    | 1.653                              | 1.382     |           |
| Valine.....g                             | 1.587                                 |            | 0                           |               | 1              |                    | 2.222                              | 1.857     |           |
| Arginine.....g                           | 2.085                                 |            | 0                           |               | 1              |                    | 2.919                              | 2.439     |           |
| Histidine.....g                          | 0.932                                 |            | 0                           |               | 1              |                    | 1.305                              | 1.090     |           |
| Alanine.....g                            | 1.850                                 |            | 0                           |               | 1              |                    | 2.590                              | 2.165     |           |
| Aspartic acid.....g                      | 2.902                                 |            | 0                           |               | 1              |                    | 4.063                              | 3.395     |           |
| Glutamic acid.....g                      | 4.877                                 |            | 0                           |               | 1              |                    | 6.828                              | 5.706     |           |
| Glycine.....g                            | 1.482                                 |            | 0                           |               | 1              |                    | 2.075                              | 1.734     |           |
| Proline.....g                            | 1.243                                 |            | 0                           |               | 1              |                    | 1.740                              | 1.454     |           |
| Serine.....g                             | 1.329                                 |            | 0                           |               | 1              |                    | 1.861                              | 1.555     |           |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05265

Turkey, young tom, light meat, meat only, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.280                                 |            | 0                     |            | 1           |   | 0.431     | 4.959     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.040                                 | 0.006      | 12                    |            | 1           |   | 0.062     | 0.708     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.230                                 | 0.021      | 12                    |            | 1           |   | 0.354     | 4.073     |           |
| 20:1.....g                               | 0.010                                 | 0.001      | 10                    |            | 1           |   | 0.015     | 0.177     |           |
| 22:1 undifferentiated.....g              | 0.010                                 | 0.001      | 10                    |            | 1           |   | 0.015     | 0.177     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.420                                 |            | 0                     |            | 1           |   | 0.647     | 7.438     |           |
| 18:2 undifferentiated.....g              | 0.280                                 | 0.027      | 12                    |            | 1           |   | 0.431     | 4.959     |           |
| 18:3 undifferentiated.....g              | 0.010                                 | 0.002      | 12                    |            | 1           |   | 0.015     | 0.177     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.080                                 | 0.010      | 11                    |            | 1           |   | 0.123     | 1.417     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 | 0.002      | 10                    |            | 1           |   | 0.015     | 0.177     |           |
| 22:6 n-3.....g                           | 0.020                                 | 0.006      | 10                    |            | 1           |   | 0.031     | 0.354     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 62                                    | 1.363      | 20                    |            | 1           |   | 95        | 1098      |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.266                                 |            | 0                     |            | 1           |   | 0.410     | 4.711     |           |
| Threonine.....g                          | 1.042                                 |            | 0                     |            | 1           |   | 1.605     | 18.454    |           |
| Isoleucine.....g                         | 1.218                                 |            | 0                     |            | 1           |   | 1.876     | 21.571    |           |
| Leucine.....g                            | 1.867                                 |            | 0                     |            | 1           |   | 2.875     | 33.065    |           |
| Lysine.....g                             | 2.208                                 |            | 0                     |            | 1           |   | 3.400     | 39.104    |           |
| Methionine.....g                         | 0.678                                 |            | 0                     |            | 1           |   | 1.044     | 12.007    |           |
| Cystine.....g                            | 0.244                                 |            | 0                     |            | 1           |   | 0.376     | 4.321     |           |
| Phenylalanine.....g                      | 0.930                                 |            | 0                     |            | 1           |   | 1.432     | 16.470    |           |
| Tyrosine.....g                           | 0.926                                 |            | 0                     |            | 1           |   | 1.426     | 16.399    |           |
| Valine.....g                             | 1.244                                 |            | 0                     |            | 1           |   | 1.916     | 22.031    |           |
| Arginine.....g                           | 1.634                                 |            | 0                     |            | 1           |   | 2.516     | 28.938    |           |
| Histidine.....g                          | 0.731                                 |            | 0                     |            | 1           |   | 1.126     | 12.946    |           |
| Alanine.....g                            | 1.450                                 |            | 0                     |            | 1           |   | 2.233     | 25.680    |           |
| Aspartic acid.....g                      | 2.275                                 |            | 0                     |            | 1           |   | 3.504     | 40.290    |           |
| Glutamic acid.....g                      | 3.823                                 |            | 0                     |            | 1           |   | 5.887     | 67.705    |           |
| Glycine.....g                            | 1.162                                 |            | 0                     |            | 1           |   | 1.789     | 20.579    |           |
| Proline.....g                            | 0.974                                 |            | 0                     |            | 1           |   | 1.500     | 17.250    |           |
| Serine.....g                             | 1.042                                 |            | 0                     |            | 1           |   | 1.605     | 18.454    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 154g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1771g: .5 turkey, bone and skin removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05254

Turkey, young tom, meat and skin and giblets and neck, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                             |               |                |                    | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|-----------------------------|---------------|----------------|--------------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number<br>of Data<br>Points | Deriv<br>Code | Source<br>Code | Confidence<br>Code | measures of food                   |           |           |
|  |                                       |            |                             |               |                |                    | Measure 1                          | Measure 2 | Measure 3 |
| Fatty acids, total monounsaturated.....g | 2.860                                 |            | 0                           |               | 1              |                    | 7.379                              | 170.370   |           |
| 14:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 15:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 16:1 undifferentiated.....g              | 0.470                                 |            | 0                           |               | 1              |                    | 1.213                              | 27.998    |           |
| 17:1.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 18:1 undifferentiated.....g              | 2.320                                 |            | 0                           |               | 1              |                    | 5.986                              | 138.202   |           |
| 20:1.....g                               | 0.020                                 |            | 0                           |               | 1              |                    | 0.052                              | 1.191     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                           |               | 1              |                    | 0.026                              | 0.596     |           |
| 24:1 c.....g                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 2.260                                 |            | 0                           |               | 1              |                    | 5.831                              | 134.628   |           |
| 18:2 undifferentiated.....g              | 1.870                                 |            | 0                           |               | 1              |                    | 4.825                              | 111.396   |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                           |               | 1              |                    | 0.258                              | 5.957     |           |
| 18:4.....g                               |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                             |               |                |                    |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.190                                 |            | 0                           |               | 1              |                    | 0.490                              | 11.318    |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                           |               | 4              |                    | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                           |               | 1              |                    | 0.077                              | 1.787     |           |
| 22:6 n-3.....g                           | 0.030                                 |            | 0                           |               | 1              |                    | 0.077                              | 1.787     |           |
| Fatty acids, total trans.....g           |                                       |            |                             |               |                |                    |                                    |           |           |
| Cholesterol.....mg                       | 96                                    |            | 0                           |               | 1              |                    | 248                                | 5719      |           |
| Phytosterols.....mg                      |                                       |            |                             |               |                |                    |                                    |           |           |
| Amino Acids:                             |                                       |            |                             |               |                |                    |                                    |           |           |
| Tryptophan.....g                         | 0.310                                 |            | 0                           |               | 1              |                    | 0.800                              | 18.467    |           |
| Threonine.....g                          | 1.223                                 |            | 0                           |               | 1              |                    | 3.155                              | 72.854    |           |
| Isoleucine.....g                         | 1.404                                 |            | 0                           |               | 1              |                    | 3.622                              | 83.636    |           |
| Leucine.....g                            | 2.177                                 |            | 0                           |               | 1              |                    | 5.617                              | 129.684   |           |
| Lysine.....g                             | 2.530                                 |            | 0                           |               | 1              |                    | 6.527                              | 150.712   |           |
| Methionine.....g                         | 0.784                                 |            | 0                           |               | 1              |                    | 2.023                              | 46.703    |           |
| Cystine.....g                            | 0.309                                 |            | 0                           |               | 1              |                    | 0.797                              | 18.407    |           |
| Phenylalanine.....g                      | 1.101                                 |            | 0                           |               | 1              |                    | 2.841                              | 65.587    |           |
| Tyrosine.....g                           | 1.057                                 |            | 0                           |               | 1              |                    | 2.727                              | 62.965    |           |
| Valine.....g                             | 1.459                                 |            | 0                           |               | 1              |                    | 3.764                              | 86.913    |           |
| Arginine.....g                           | 1.967                                 |            | 0                           |               | 1              |                    | 5.075                              | 117.174   |           |
| Histidine.....g                          | 0.836                                 |            | 0                           |               | 1              |                    | 2.157                              | 49.801    |           |
| Alanine.....g                            | 1.770                                 |            | 0                           |               | 1              |                    | 4.567                              | 105.439   |           |
| Aspartic acid.....g                      | 2.694                                 |            | 0                           |               | 1              |                    | 6.951                              | 160.482   |           |
| Glutamic acid.....g                      | 4.454                                 |            | 0                           |               | 1              |                    | 11.491                             | 265.325   |           |
| Glycine.....g                            | 1.670                                 |            | 0                           |               | 1              |                    | 4.309                              | 99.482    |           |
| Proline.....g                            | 1.303                                 |            | 0                           |               | 1              |                    | 3.362                              | 77.620    |           |
| Serine.....g                             | 1.233                                 |            | 0                           |               | 1              |                    | 3.181                              | 73.450    |           |
| Hydroxyproline.....g                     |                                       |            |                             |               |                |                    |                                    |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 258g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 5957g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05253

Turkey, young tom, meat and skin and giblets and neck, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             |                 | Amount in edible portion of common measures of food |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|-----------------|---|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 2.550                                 |            | 0              |            | 1           |                 | 214.175   |           |           |
| 14:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.430                                 |            | 0              |            | 1           |                 | 36.116  |           |           |
| 17:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 2.060                                 |            | 0              |            | 1           |                 | 173.019   |           |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |                 | 0.840   |           |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |                 | 0.840   |           |           |
| 24:1 c.....g                             |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 1.790                                 |            | 0              |            | 1           |                 | 150.342   |           |           |
| 18:2 undifferentiated.....g              | 1.520                                 |            | 0              |            | 1           |                 | 127.665   |           |           |
| 18:3 undifferentiated.....g              | 0.090                                 |            | 0              |            | 1           |                 | 7.559   |           |           |
| 18:4.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.120                                 |            | 0              |            | 1           |                 | 10.079  |           |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |                 | 0.000   |           |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |                 | 0.840   |           |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |                 | 1.680   |           |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 81                                    |            | 0              |            | 1           |                 | 6803  |           |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |                 |   |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.226                                 |            | 0              |            | 1           |                 | 18.982  |           |           |
| Threonine.....g                          | 0.891                                 |            | 0              |            | 1           |                 | 74.835  |           |           |
| Isoleucine.....g                         | 1.023                                 |            | 0              |            | 1           |                 | 85.922  |           |           |
| Leucine.....g                            | 1.588                                 |            | 0              |            | 1           |                 | 133.376   |           |           |
| Lysine.....g                             | 1.842                                 |            | 0              |            | 1           |                 | 154.710   |           |           |
| Methionine.....g                         | 0.570                                 |            | 0              |            | 1           |                 | 47.874  |           |           |
| Cystine.....g                            | 0.226                                 |            | 0              |            | 1           |                 | 18.982  |           |           |
| Phenylalanine.....g                      | 0.803                                 |            | 0              |            | 1           |                 | 67.444  |           |           |
| Tyrosine.....g                           | 0.770                                 |            | 0              |            | 1           |                 | 64.672  |           |           |
| Valine.....g                             | 1.064                                 |            | 0              |            | 1           |                 | 89.365  |           |           |
| Arginine.....g                           | 1.434                                 |            | 0              |            | 1           |                 | 120.442   |           |           |
| Histidine.....g                          | 0.608                                 |            | 0              |            | 1           |                 | 51.066  |           |           |
| Alanine.....g                            | 1.290                                 |            | 0              |            | 1           |                 | 108.347   |           |           |
| Aspartic acid.....g                      | 1.964                                 |            | 0              |            | 1           |                 | 164.956   |           |           |
| Glutamic acid.....g                      | 3.244                                 |            | 0              |            | 1           |                 | 272.464   |           |           |
| Glycine.....g                            | 1.221                                 |            | 0              |            | 1           |                 | 102.552   |           |           |
| Proline.....g                            | 0.952                                 |            | 0              |            | 1           |                 | 79.958  |           |           |
| Serine.....g                             | 0.899                                 |            | 0              |            | 1           |                 | 75.507  |           |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |                 |   |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 8399g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05256

Turkey, young tom, 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         | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.980                                 |            | 0              |       | 1      |   | 7.122     | 81.950    |           |
| 14:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.490                                 |            | 0              |       | 1      |   | 1.171     | 13.475    |           |
| 17:1.....g                               |                                       |            |                |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.420                                 |            | 0              |       | 1      |   | 5.784     | 66.550    |           |
| 20:1.....g                               | 0.020                                 |            | 0              |       | 1      |   | 0.048     | 0.550     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |       | 1      |   | 0.024     | 0.275     |           |
| 24:1 c.....g                             |                                       |            |                |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.310                                 |            | 0              |       | 1      |   | 5.521     | 63.525    |           |
| 18:2 undifferentiated.....g              | 1.920                                 |            | 0              |       | 1      |   | 4.589     | 52.800    |           |
| 18:3 undifferentiated.....g              | 0.110                                 |            | 0              |       | 1      |   | 0.263     | 3.025     |           |
| 18:4.....g                               |                                       |            |                |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.180                                 |            | 0              |       | 1      |   | 0.430     | 4.950     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0              |       | 1      |   | 0.072     | 0.825     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0              |       | 1      |   | 0.096     | 1.100     |           |
| Fatty acids, total trans.....g           |                                       |            |                |       |        |   |           |           |           |
| Cholesterol.....mg                       | 82                                    | 2.336      | 20             |       | 1      |   | 196       | 2255      |           |
| Phytosterols.....mg                      |                                       |            |                |       |        |   |           |           |           |
| Amino Acids:                             |                                       |            |                |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.310                                 |            | 0              |       | 1      |   | 0.741     | 8.525     |           |
| Threonine.....g                          | 1.226                                 |            | 0              |       | 1      |   | 2.930     | 33.715    |           |
| Isoleucine.....g                         | 1.407                                 |            | 0              |       | 1      |   | 3.363     | 38.693    |           |
| Leucine.....g                            | 2.181                                 |            | 0              |       | 1      |   | 5.213     | 59.978    |           |
| Lysine.....g                             | 2.553                                 |            | 0              |       | 1      |   | 6.102     | 70.208    |           |
| Methionine.....g                         | 0.789                                 |            | 0              |       | 1      |   | 1.886     | 21.698    |           |
| Cystine.....g                            | 0.309                                 |            | 0              |       | 1      |   | 0.739     | 8.498     |           |
| Phenylalanine.....g                      | 1.099                                 |            | 0              |       | 1      |   | 2.627     | 30.223    |           |
| Tyrosine.....g                           | 1.064                                 |            | 0              |       | 1      |   | 2.543     | 29.260    |           |
| Valine.....g                             | 1.462                                 |            | 0              |       | 1      |   | 3.494     | 40.205    |           |
| Arginine.....g                           | 1.980                                 |            | 0              |       | 1      |   | 4.732     | 54.450    |           |
| Histidine.....g                          | 0.844                                 |            | 0              |       | 1      |   | 2.017     | 23.210    |           |
| Alanine.....g                            | 1.792                                 |            | 0              |       | 1      |   | 4.283     | 49.280    |           |
| Aspartic acid.....g                      | 2.707                                 |            | 0              |       | 1      |   | 6.470     | 74.443    |           |
| Glutamic acid.....g                      | 4.478                                 |            | 0              |       | 1      |   | 10.702    | 123.145   |           |
| Glycine.....g                            | 1.694                                 |            | 0              |       | 1      |   | 4.049     | 46.585    |           |
| Proline.....g                            | 1.310                                 |            | 0              |       | 1      |   | 3.131     | 36.025    |           |
| Serine.....g                             | 1.239                                 |            | 0              |       | 1      |   | 2.961     | 34.073    |           |
| Hydroxyproline.....g                     |                                       |            |                |       |        |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2750g: .5 turkey, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Turkey, young tom, meat and skin, raw**

**Refuse: 19% Bone**

[illegible]

**NDB No. 05255**  
**Turkey, young tom, meat and skin, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 2.680                                 |            | 0                     |            | 1           |   | 9.058     | 104.386   |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.450                                 |            | 0                     |            | 1           |   | 1.521     | 17.528    |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 2.160                                 |            | 0                     |            | 1           |   | 7.301     | 84.132    |           |
| 20:1.....g                               | 0.010                                 |            | 0                     |            | 1           |   | 0.034     | 0.390     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.034     | 0.390     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.840                                 |            | 0                     |            | 1           |   | 6.219     | 71.668    |           |
| 18:2 undifferentiated.....g              | 1.570                                 |            | 0                     |            | 1           |   | 5.307     | 61.152    |           |
| 18:3 undifferentiated.....g              | 0.100                                 |            | 0                     |            | 1           |   | 0.338     | 3.895     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0                     |            | 1           |   | 0.372     | 4.285     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0                     |            | 1           |   | 0.034     | 0.390     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0                     |            | 1           |   | 0.068     | 0.779     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 72                                    | 1.350      | 20                    |            | 1           |   | 243       | 2804      |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.226                                 |            | 0                     |            | 1           |   | 0.764     | 8.803     |           |
| Threonine.....g                          | 0.892                                 |            | 0                     |            | 1           |   | 3.015     | 34.743    |           |
| Isoleucine.....g                         | 1.024                                 |            | 0                     |            | 1           |   | 3.461     | 39.885    |           |
| Leucine.....g                            | 1.588                                 |            | 0                     |            | 1           |   | 5.367     | 61.853    |           |
| Lysine.....g                             | 1.858                                 |            | 0                     |            | 1           |   | 6.280     | 72.369    |           |
| Methionine.....g                         | 0.574                                 |            | 0                     |            | 1           |   | 1.940     | 22.357    |           |
| Cystine.....g                            | 0.225                                 |            | 0                     |            | 1           |   | 0.761     | 8.764     |           |
| Phenylalanine.....g                      | 0.800                                 |            | 0                     |            | 1           |   | 2.704     | 31.160    |           |
| Tyrosine.....g                           | 0.775                                 |            | 0                     |            | 1           |   | 2.620     | 30.186    |           |
| Valine.....g                             | 1.064                                 |            | 0                     |            | 1           |   | 3.596     | 41.443    |           |
| Arginine.....g                           | 1.442                                 |            | 0                     |            | 1           |   | 4.874     | 56.166    |           |
| Histidine.....g                          | 0.614                                 |            | 0                     |            | 1           |   | 2.075     | 23.915    |           |
| Alanine.....g                            | 1.305                                 |            | 0                     |            | 1           |   | 4.411     | 50.830    |           |
| Aspartic acid.....g                      | 1.971                                 |            | 0                     |            | 1           |   | 6.662     | 76.770    |           |
| Glutamic acid.....g                      | 3.260                                 |            | 0                     |            | 1           |   | 11.019    | 126.977   |           |
| Glycine.....g                            | 1.236                                 |            | 0                     |            | 1           |   | 4.178     | 48.142    |           |
| Proline.....g                            | 0.955                                 |            | 0                     |            | 1           |   | 3.228     | 37.197    |           |
| Serine.....g                             | 0.902                                 |            | 0                     |            | 1           |   | 3.049     | 35.133    |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 338g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3895g: .5 turkey, bone removed

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05258**  
**Turkey, young tom, meat only, cooked, roasted**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 0.980                                 |            | 0                     |            | 1           |   | 1.372     | 2.019     |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.140                                 |            | 0                     |            | 1           |   | 0.196     | 0.288     |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 0.810                                 |            | 0                     |            | 1           |   | 1.134     | 1.669     |           |
| 20:1.....g                               | 0.020                                 |            | 0                     |            | 1           |   | 0.028     | 0.041     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0                     |            | 1           |   | 0.014     | 0.021     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 1.350                                 |            | 0                     |            | 1           |   | 1.890     | 2.781     |           |
| 18:2 undifferentiated.....g              | 1.030                                 |            | 0                     |            | 1           |   | 1.442     | 2.122     |           |
| 18:3 undifferentiated.....g              | 0.030                                 |            | 0                     |            | 1           |   | 0.042     | 0.062     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.190                                 |            | 0                     |            | 1           |   | 0.266     | 0.391     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.030                                 |            | 0                     |            | 1           |   | 0.042     | 0.062     |           |
| 22:6 n-3.....g                           | 0.040                                 |            | 0                     |            | 1           |   | 0.056     | 0.082     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 77                                    | 2.179      | 20                    |            | 1           |   | 108       | 159       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.333                                 |            | 0                     |            | 1           |   | 0.466     | 0.686     |           |
| Threonine.....g                          | 1.306                                 |            | 0                     |            | 1           |   | 1.828     | 2.690     |           |
| Isoleucine.....g                         | 1.527                                 |            | 0                     |            | 1           |   | 2.138     | 3.146     |           |
| Leucine.....g                            | 2.339                                 |            | 0                     |            | 1           |   | 3.275     | 4.818     |           |
| Lysine.....g                             | 2.767                                 |            | 0                     |            | 1           |   | 3.874     | 5.700     |           |
| Methionine.....g                         | 0.850                                 |            | 0                     |            | 1           |   | 1.190     | 1.751     |           |
| Cystine.....g                            | 0.305                                 |            | 0                     |            | 1           |   | 0.427     | 0.628     |           |
| Phenylalanine.....g                      | 1.165                                 |            | 0                     |            | 1           |   | 1.631     | 2.400     |           |
| Tyrosine.....g                           | 1.160                                 |            | 0                     |            | 1           |   | 1.624     | 2.390     |           |
| Valine.....g                             | 1.559                                 |            | 0                     |            | 1           |   | 2.183     | 3.212     |           |
| Arginine.....g                           | 2.048                                 |            | 0                     |            | 1           |   | 2.867     | 4.219     |           |
| Histidine.....g                          | 0.916                                 |            | 0                     |            | 1           |   | 1.282     | 1.887     |           |
| Alanine.....g                            | 1.818                                 |            | 0                     |            | 1           |   | 2.545     | 3.745     |           |
| Aspartic acid.....g                      | 2.851                                 |            | 0                     |            | 1           |   | 3.991     | 5.873     |           |
| Glutamic acid.....g                      | 4.791                                 |            | 0                     |            | 1           |   | 6.707     | 9.869     |           |
| Glycine.....g                            | 1.456                                 |            | 0                     |            | 1           |   | 2.038     | 2.999     |           |
| Proline.....g                            | 1.221                                 |            | 0                     |            | 1           |   | 1.709     | 2.515     |           |
| Serine.....g                             | 1.306                                 |            | 0                     |            | 1           |   | 1.828     | 2.690     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 206g: 1 unit (yield from 1 lb ready-to-cook turkey)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 05 Poultry Products**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05257

Turkey, young tom, 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         | Deriv Code | Source Code | Confidence Code | Measure 1   | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |                 |   |           |           |
| Fatty acids, total monounsaturated.....g | 0.570                                 |            | 0              |            | 1           |                 | 1.630   | 18.821    |           |
| 14:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 15:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 16:1 undifferentiated.....g              | 0.080                                 |            | 0              |            | 1           |                 | 0.229   | 2.642     |           |
| 17:1.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 18:1 undifferentiated.....g              | 0.470                                 |            | 0              |            | 1           |                 | 1.344   | 15.519    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |                 | 0.029   | 0.330     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |                 | 0.029   | 0.330     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |                 |   |           |           |
| Fatty acids, total polyunsaturated.....g | 0.780                                 |            | 0              |            | 1           |                 | 2.231   | 25.756    |           |
| 18:2 undifferentiated.....g              | 0.600                                 |            | 0              |            | 1           |                 | 1.716   | 19.812    |           |
| 18:3 undifferentiated.....g              | 0.020                                 |            | 0              |            | 1           |                 | 0.057   | 0.660     |           |
| 18:4.....g                               |                                       |            |                |            |             |                 |   |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |                 |   |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |                 |   |           |           |
| 20:4 undifferentiated.....g              | 0.110                                 |            | 0              |            | 1           |                 | 0.315   | 3.632     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |                 | 0.000   | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |                 | 0.057   | 0.660     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0              |            | 1           |                 | 0.057   | 0.660     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |                 |   |           |           |
| Cholesterol.....mg                       | 68                                    | 1.387      | 20             |            | 1           |                 | 194   | 2245      |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |                 |   |           |           |
| Amino Acids:                             |                                       |            |                |            |             |                 |   |           |           |
| Tryptophan.....g                         | 0.247                                 |            | 0              |            | 1           |                 | 0.706   | 8.156     |           |
| Threonine.....g                          | 0.966                                 |            | 0              |            | 1           |                 | 2.763   | 31.897    |           |
| Isoleucine.....g                         | 1.129                                 |            | 0              |            | 1           |                 | 3.229   | 37.280    |           |
| Leucine.....g                            | 1.731                                 |            | 0              |            | 1           |                 | 4.951   | 57.158    |           |
| Lysine.....g                             | 2.047                                 |            | 0              |            | 1           |                 | 5.854   | 67.592    |           |
| Methionine.....g                         | 0.629                                 |            | 0              |            | 1           |                 | 1.799   | 20.770    |           |
| Cystine.....g                            | 0.226                                 |            | 0              |            | 1           |                 | 0.646   | 7.463     |           |
| Phenylalanine.....g                      | 0.862                                 |            | 0              |            | 1           |                 | 2.465   | 28.463    |           |
| Tyrosine.....g                           | 0.858                                 |            | 0              |            | 1           |                 | 2.454   | 28.331    |           |
| Valine.....g                             | 1.154                                 |            | 0              |            | 1           |                 | 3.300   | 38.105    |           |
| Arginine.....g                           | 1.515                                 |            | 0              |            | 1           |                 | 4.333   | 50.025    |           |
| Histidine.....g                          | 0.678                                 |            | 0              |            | 1           |                 | 1.939   | 22.388    |           |
| Alanine.....g                            | 1.345                                 |            | 0              |            | 1           |                 | 3.847   | 44.412    |           |
| Aspartic acid.....g                      | 2.109                                 |            | 0              |            | 1           |                 | 6.032   | 69.639    |           |
| Glutamic acid.....g                      | 3.544                                 |            | 0              |            | 1           |                 | 10.136  | 117.023   |           |
| Glycine.....g                            | 1.077                                 |            | 0              |            | 1           |                 | 3.080   | 35.563    |           |
| Proline.....g                            | 0.903                                 |            | 0              |            | 1           |                 | 2.583   | 29.817    |           |
| Serine.....g                             | 0.966                                 |            | 0              |            | 1           |                 | 2.763   | 31.897    |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |                 |   |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 286g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3302g: .5 turkey, bone and skin removed

**Calories Factors:** Protein 4.27

Fat 9.02

Carbohydrate 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 05260

Turkey, young tom, skin only, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        |            | Amount in edible portion of common |           |           |
|--|---------------------------------------|------------|---------|-------|--------|------------|------------------------------------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence | Measure 1                          | Measure 2 | Measure 3 |
|  |                                       |            | of Data |       |        |            |                                    |           |           |
|  |                                       |            | Points  |       |        |            |                                    |           |           |
| Fatty acids, total monounsaturated.....g | 15.870                                |            | 0       |       | 1      |            | 5.078                              | 59.354    |           |
| 14:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 15:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 16:1 undifferentiated.....g              | 2.750                                 |            | 0       |       | 1      |            | 0.880                              | 10.285    |           |
| 17:1.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 18:1 undifferentiated.....g              | 12.780                                |            | 0       |       | 1      |            | 4.090                              | 47.797    |           |
| 20:1.....g                               | 0.000                                 |            | 0       |       | 1      |            | 0.000                              | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0       |       | 1      |            | 0.000                              | 0.000     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |            |                                    |           |           |
| Fatty acids, total polyunsaturated.....g | 8.530                                 |            | 0       |       | 1      |            | 2.730                              | 31.902    |           |
| 18:2 undifferentiated.....g              | 7.710                                 |            | 0       |       | 1      |            | 2.467                              | 28.835    |           |
| 18:3 undifferentiated.....g              | 0.570                                 |            | 0       |       | 1      |            | 0.182                              | 2.132     |           |
| 18:4.....g                               |                                       |            |         |       |        |            |                                    |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |            |                                    |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |            |                                    |           |           |
| 20:4 undifferentiated.....g              | 0.100                                 |            | 0       |       | 1      |            | 0.032                              | 0.374     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |            | 0.000                              | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |            | 0.000                              | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0       |       | 1      |            | 0.000                              | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |            |                                    |           |           |
| Cholesterol.....mg                       | 117                                   | 5.349      | 20      |       | 1      |            | 37                                 | 438       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |            |                                    |           |           |
| Amino Acids:                             |                                       |            |         |       |        |            |                                    |           |           |
| Tryptophan.....g                         | 0.161                                 |            | 0       |       | 1      |            | 0.052                              | 0.602     |           |
| Threonine.....g                          | 0.719                                 |            | 0       |       | 1      |            | 0.230                              | 2.689     |           |
| Isoleucine.....g                         | 0.648                                 |            | 0       |       | 1      |            | 0.207                              | 2.424     |           |
| Leucine.....g                            | 1.182                                 |            | 0       |       | 1      |            | 0.378                              | 4.421     |           |
| Lysine.....g                             | 1.202                                 |            | 0       |       | 1      |            | 0.385                              | 4.495     |           |
| Methionine.....g                         | 0.403                                 |            | 0       |       | 1      |            | 0.129                              | 1.507     |           |
| Cystine.....g                            | 0.335                                 |            | 0       |       | 1      |            | 0.107                              | 1.253     |           |
| Phenylalanine.....g                      | 0.680                                 |            | 0       |       | 1      |            | 0.218                              | 2.543     |           |
| Tyrosine.....g                           | 0.458                                 |            | 0       |       | 1      |            | 0.147                              | 1.713     |           |
| Valine.....g                             | 0.847                                 |            | 0       |       | 1      |            | 0.271                              | 3.168     |           |
| Arginine.....g                           | 1.553                                 |            | 0       |       | 1      |            | 0.497                              | 5.808     |           |
| Histidine.....g                          | 0.387                                 |            | 0       |       | 1      |            | 0.124                              | 1.447     |           |
| Alanine.....g                            | 1.634                                 |            | 0       |       | 1      |            | 0.523                              | 6.111     |           |
| Aspartic acid.....g                      | 1.801                                 |            | 0       |       | 1      |            | 0.576                              | 6.736     |           |
| Glutamic acid.....g                      | 2.503                                 |            | 0       |       | 1      |            | 0.801                              | 9.361     |           |
| Glycine.....g                            | 3.212                                 |            | 0       |       | 1      |            | 1.028                              | 12.013    |           |
| Proline.....g                            | 1.878                                 |            | 0       |       | 1      |            | 0.601                              | 7.024     |           |
| Serine.....g                             | 0.818                                 |            | 0       |       | 1      |            | 0.262                              | 3.059     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |            |                                    |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 05259**  
**Turkey, young tom, skin only, raw**

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                       |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|-----------------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 14.730                                |            | 0                     |            | 1           |   | 7.512     | 87.202    |           |
| 14:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 2.550                                 | 0.171      | 14                    |            | 1           |   | 1.301     | 15.096    |           |
| 17:1.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 11.860                                | 0.660      | 14                    |            | 1           |   | 6.049     | 70.211    |           |
| 20:1.....g                               | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:1 undifferentiated.....g              | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 24:1 c.....g                             |                                       |            |                       |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 7.920                                 |            | 0                     |            | 1           |   | 4.039     | 46.886    |           |
| 18:2 undifferentiated.....g              | 7.160                                 | 0.416      | 14                    |            | 1           |   | 3.652     | 42.387    |           |
| 18:3 undifferentiated.....g              | 0.530                                 | 0.044      | 11                    |            | 1           |   | 0.270     | 3.138     |           |
| 18:4.....g                               |                                       |            |                       |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                       |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                       |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 | 0.011      | 10                    |            | 1           |   | 0.046     | 0.533     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| 22:6 n-3.....g                           | 0.000                                 |            | 0                     |            | 1           |   | 0.000     | 0.000     |           |
| Fatty acids, total trans.....g           |                                       |            |                       |            |             |   |           |           |           |
| Cholesterol.....mg                       | 95                                    | 3.414      | 20                    |            | 1           |   | 48        | 562       |           |
| Phytosterols.....mg                      |                                       |            |                       |            |             |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |                       |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.106                                 |            | 0                     |            | 1           |   | 0.054     | 0.628     |           |
| Threonine.....g                          | 0.472                                 |            | 0                     |            | 1           |   | 0.241     | 2.794     |           |
| Isoleucine.....g                         | 0.426                                 |            | 0                     |            | 1           |   | 0.217     | 2.522     |           |
| Leucine.....g                            | 0.777                                 |            | 0                     |            | 1           |   | 0.396     | 4.600     |           |
| Lysine.....g                             | 0.790                                 |            | 0                     |            | 1           |   | 0.403     | 4.677     |           |
| Methionine.....g                         | 0.265                                 |            | 0                     |            | 1           |   | 0.135     | 1.569     |           |
| Cystine.....g                            | 0.220                                 |            | 0                     |            | 1           |   | 0.112     | 1.302     |           |
| Phenylalanine.....g                      | 0.447                                 |            | 0                     |            | 1           |   | 0.228     | 2.646     |           |
| Tyrosine.....g                           | 0.301                                 |            | 0                     |            | 1           |   | 0.154     | 1.782     |           |
| Valine.....g                             | 0.557                                 |            | 0                     |            | 1           |   | 0.284     | 3.297     |           |
| Arginine.....g                           | 1.021                                 |            | 0                     |            | 1           |   | 0.521     | 6.044     |           |
| Histidine.....g                          | 0.254                                 |            | 0                     |            | 1           |   | 0.130     | 1.504     |           |
| Alanine.....g                            | 1.074                                 |            | 0                     |            | 1           |   | 0.548     | 6.358     |           |
| Aspartic acid.....g                      | 1.184                                 |            | 0                     |            | 1           |   | 0.604     | 7.009     |           |
| Glutamic acid.....g                      | 1.646                                 |            | 0                     |            | 1           |   | 0.839     | 9.744     |           |
| Glycine.....g                            | 2.112                                 |            | 0                     |            | 1           |   | 1.077     | 12.503    |           |
| Proline.....g                            | 1.235                                 |            | 0                     |            | 1           |   | 0.630     | 7.311     |           |
| Serine.....g                             | 0.538                                 |            | 0                     |            | 1           |   | 0.274     | 3.185     |           |
| Hydroxyproline.....g                     |                                       |            |                       |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 592g: .5 turkey, skin only

**Calories Factors: Protein** 4.27

**Fat** 9.02

**Carbohydrate** 3.87

**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05276

Turkey, young tom, wing, meat and skin, cooked, roasted

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.350                                 |            | 0       |       | 1      |   | 0.914     | 10.310    |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.740                                 |            | 0       |       | 1      |   | 0.155     | 1.754     |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.510                                 |            | 0       |       | 1      |   | 0.737     | 8.319     |           |
| 20:1.....g                               | 0.010                                 |            | 0       |       | 1      |   | 0.002     | 0.024     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0       |       | 1      |   | 0.002     | 0.024     |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.720                                 |            | 0       |       | 1      |   | 0.571     | 6.446     |           |
| 18:2 undifferentiated.....g              | 2.310                                 |            | 0       |       | 1      |   | 0.485     | 5.475     |           |
| 18:3 undifferentiated.....g              | 0.150                                 |            | 0       |       | 1      |   | 0.032     | 0.356     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.140                                 |            | 0       |       | 1      |   | 0.029     | 0.332     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0       |       | 4      |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.004     | 0.047     |           |
| 22:6 n-3.....g                           | 0.020                                 |            | 0       |       | 1      |   | 0.004     | 0.047     |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 81                                    |            | 0       |       | 1      |   | 17        | 192       |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |
| <b>Amino Acids:</b>                      |                                       |            |         |       |        |   |           |           |           |
| Tryptophan.....g                         | 0.295                                 |            | 0       |       | 1      |   | 0.062     | 0.699     |           |
| Threonine.....g                          | 1.177                                 |            | 0       |       | 1      |   | 0.247     | 2.789     |           |
| Isoleucine.....g                         | 1.328                                 |            | 0       |       | 1      |   | 0.279     | 3.147     |           |
| Leucine.....g                            | 2.081                                 |            | 0       |       | 1      |   | 0.437     | 4.932     |           |
| Lysine.....g                             | 2.413                                 |            | 0       |       | 1      |   | 0.507     | 5.719     |           |
| Methionine.....g                         | 0.750                                 |            | 0       |       | 1      |   | 0.158     | 1.778     |           |
| Cystine.....g                            | 0.317                                 |            | 0       |       | 1      |   | 0.067     | 0.751     |           |
| Phenylalanine.....g                      | 1.060                                 |            | 0       |       | 1      |   | 0.223     | 2.512     |           |
| Tyrosine.....g                           | 1.000                                 |            | 0       |       | 1      |   | 0.210     | 2.370     |           |
| Valine.....g                             | 1.402                                 |            | 0       |       | 1      |   | 0.294     | 3.323     |           |
| Arginine.....g                           | 1.952                                 |            | 0       |       | 1      |   | 0.410     | 4.626     |           |
| Histidine.....g                          | 0.796                                 |            | 0       |       | 1      |   | 0.167     | 1.887     |           |
| Alanine.....g                            | 1.796                                 |            | 0       |       | 1      |   | 0.377     | 4.257     |           |
| Aspartic acid.....g                      | 2.627                                 |            | 0       |       | 1      |   | 0.552     | 6.226     |           |
| Glutamic acid.....g                      | 4.284                                 |            | 0       |       | 1      |   | 0.900     | 10.153    |           |
| Glycine.....g                            | 1.915                                 |            | 0       |       | 1      |   | 0.402     | 4.539     |           |
| Proline.....g                            | 1.402                                 |            | 0       |       | 1      |   | 0.294     | 3.323     |           |
| Serine.....g                             | 1.201                                 |            | 0       |       | 1      |   | 0.252     | 2.846     |           |
| Hydroxyproline.....g                     |                                       |            |         |       |        |   |           |           |           |

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#### Common Measures:

Measure 1 = 21g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 237g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 05275

Turkey, young tom, wing, meat and skin, raw

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |                |            |             | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|----------------|------------|-------------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number         | Deriv Code | Source Code | Confidence Code                                     | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data Points |            |             |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 4.500                                 |            | 0              |            | 1           |   | 1.350     | 15.660    |           |
| 14:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 15:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 16:1 undifferentiated.....g              | 0.770                                 |            | 0              |            | 1           |   | 0.231     | 2.680     |           |
| 17:1.....g                               |                                       |            |                |            |             |   |           |           |           |
| 18:1 undifferentiated.....g              | 3.630                                 |            | 0              |            | 1           |   | 1.089     | 12.632    |           |
| 20:1.....g                               | 0.010                                 |            | 0              |            | 1           |   | 0.003     | 0.035     |           |
| 22:1 undifferentiated.....g              | 0.010                                 |            | 0              |            | 1           |   | 0.003     | 0.035     |           |
| 24:1 c.....g                             |                                       |            |                |            |             |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 2.610                                 |            | 0              |            | 1           |   | 0.783     | 9.083     |           |
| 18:2 undifferentiated.....g              | 2.290                                 |            | 0              |            | 1           |   | 0.687     | 7.969     |           |
| 18:3 undifferentiated.....g              | 0.160                                 |            | 0              |            | 1           |   | 0.048     | 0.557     |           |
| 18:4.....g                               |                                       |            |                |            |             |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |                |            |             |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |                |            |             |   |           |           |           |
| 20:4 undifferentiated.....g              | 0.090                                 |            | 0              |            | 1           |   | 0.027     | 0.313     |           |
| 20:5 n-3.....g                           | 0.000                                 |            | 0              |            | 4           |   | 0.000     | 0.000     |           |
| 22:5 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.003     | 0.035     |           |
| 22:6 n-3.....g                           | 0.010                                 |            | 0              |            | 1           |   | 0.003     | 0.035     |           |
| Fatty acids, total trans.....g           |                                       |            |                |            |             |   |           |           |           |
| Cholesterol.....mg                       | 72                                    |            | 0              |            | 1           |   | 22        | 251       |           |
| Phytosterols.....mg                      |                                       |            |                |            |             |   |           |           |           |
| Amino Acids:                             |                                       |            |                |            |             |   |           |           |           |
| Tryptophan.....g                         | 0.219                                 |            | 0              |            | 1           |   | 0.066     | 0.762     |           |
| Threonine.....g                          | 0.875                                 |            | 0              |            | 1           |   | 0.263     | 3.045     |           |
| Isoleucine.....g                         | 0.986                                 |            | 0              |            | 1           |   | 0.296     | 3.431     |           |
| Leucine.....g                            | 1.548                                 |            | 0              |            | 1           |   | 0.464     | 5.387     |           |
| Lysine.....g                             | 1.794                                 |            | 0              |            | 1           |   | 0.538     | 6.243     |           |
| Methionine.....g                         | 0.557                                 |            | 0              |            | 1           |   | 0.167     | 1.938     |           |
| Cystine.....g                            | 0.237                                 |            | 0              |            | 1           |   | 0.071     | 0.825     |           |
| Phenylalanine.....g                      | 0.789                                 |            | 0              |            | 1           |   | 0.237     | 2.746     |           |
| Tyrosine.....g                           | 0.743                                 |            | 0              |            | 1           |   | 0.223     | 2.586     |           |
| Valine.....g                             | 1.043                                 |            | 0              |            | 1           |   | 0.313     | 3.630     |           |
| Arginine.....g                           | 1.455                                 |            | 0              |            | 1           |   | 0.437     | 5.063     |           |
| Histidine.....g                          | 0.592                                 |            | 0              |            | 1           |   | 0.178     | 2.060     |           |
| Alanine.....g                            | 1.340                                 |            | 0              |            | 1           |   | 0.402     | 4.663     |           |
| Aspartic acid.....g                      | 1.956                                 |            | 0              |            | 1           |   | 0.587     | 6.807     |           |
| Glutamic acid.....g                      | 3.187                                 |            | 0              |            | 1           |   | 0.956     | 11.091    |           |
| Glycine.....g                            | 1.440                                 |            | 0              |            | 1           |   | 0.432     | 5.011     |           |
| Proline.....g                            | 1.050                                 |            | 0              |            | 1           |   | 0.315     | 3.654     |           |
| Serine.....g                             | 0.895                                 |            | 0              |            | 1           |   | 0.269     | 3.115     |           |
| Hydroxyproline.....g                     |                                       |            |                |            |             |   |           |           |           |

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**Common Measures:**

Measure 1 = 30g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 348g: 1 wing, bone removed

**Calories Factors: Protein** 4.27**Fat** 9.02**Carbohydrate** 3.87**Food Group:** 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 05600

USDA Commodity, turkey ham, dark meat, smoked, frozen

Refuse: 0%

| Nutrients and Units                   | Amount in 100 grams of edible portion |            |                |       | Amount in edible portion of common measures of food |            |           |           |           |
|---------------------------------------|---------------------------------------|------------|----------------|-------|---|------------|-----------|-----------|-----------|
|                                       | Mean                                  | Std. Error | Number         | Deriv | Source  | Confidence | Measure 1 | Measure 2 | Measure 3 |
|                                       |                                       |            | of Data Points | Code  | Code  | Code       |           |           |           |
| <b>Proximates:</b>                    |                                       |            |                |       |   |            |           |           |           |
| 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                          |                                       |            |                |       |   |            |           |           |           |
| <b>Minerals:</b>                      |                                       |            |                |       |   |            |           |           |           |
| Calcium, Ca.....mg                    | 7                                     |            | 1              | A     | 1   |            | 2         | 2         |           |
| Iron, Fe.....mg                       | 1.00                                  |            | 1              | A     | 1   |            | 0.28      | 0.28      |           |
| Magnesium, Mg.....mg                  | 16                                    |            | 1              | A     | 1   |            | 5         | 4         |           |
| Phosphorus, P.....mg                  | 289                                   |            | 1              | A     | 1   |            | 82        | 81        |           |
| Potassium, K.....mg                   | 253                                   |            | 1              | A     | 1   |            | 72        | 71        |           |
| Sodium, Na.....mg                     | 909                                   |            | 1              | A     | 1   |            | 258       | 255       |           |
| Zinc, Zn.....mg                       | 2.10                                  |            | 1              | A     | 1   |            | 0.60      | 0.59      |           |
| Copper, Cu.....mg                     |                                       |            |                |       |   |            |           |           |           |
| Manganese, Mn.....mg                  |                                       |            |                |       |   |            |           |           |           |
| Selenium, Se.....mcg                  | 38.2                                  |            | 0              | BFNN  | 4   |            | 10.8      | 10.7      |           |
| <b>Vitamins:</b>                      |                                       |            |                |       |   |            |           |           |           |
| Vitamin C, total ascorbic acid.....mg | 0.0                                   |            | 1              | A     | 1   |            | 0.0       | 0.0       |           |
| Thiamin.....mg                        | 0.230                                 |            | 1              | A     | 1   |            | 0.065     | 0.064     |           |
| Riboflavin.....mg                     | 0.270                                 |            | 1              | A     | 1   |            | 0.077     | 0.076     |           |
| Niacin.....mg                         | 4.120                                 |            | 1              | A     | 1   |            | 1.168     | 1.154     |           |
| Pantothenic acid.....mg               |                                       |            |                |       |   |            |           |           |           |
| Vitamin B-6.....mg                    | 0.060                                 |            | 1              | A     | 1   |            | 0.017     | 0.017     |           |
| Folate, total.....mcg                 |                                       |            |                |       |   |            |           |           |           |
| Folate, DFE.....mcg_DFE               |                                       |            |                |       |   |            |           |           |           |
| Vitamin B-12.....mcg                  | 0.80                                  |            | 1              | A     | 1   |            | 0.23      | 0.22      |           |
| Vitamin A, IU.....IU                  | 53                                    |            | 2              | AS    | 1   |            | 15        | 15        |           |
| Vitamin A, RAE.....mcg_RAE            | 16                                    |            | 2              | AS    | 1   |            | 5         | 4         |           |
| Vitamin E (alpha-tocopherol).....mg   |                                       |            |                |       |   |            |           |           |           |
| Tocopherol, beta.....mg               |                                       |            |                |       |   |            |           |           |           |
| Tocopherol, gamma.....mg              |                                       |            |                |       |   |            |           |           |           |
| Tocopherol, delta.....mg              |                                       |            |                |       |   |            |           |           |           |
| Vitamin D.....IU                      |                                       |            |                |       |   |            |           |           |           |
| Vitamin K (phylloquinone).....mcg     |                                       |            |                |       |   |            |           |           |           |
| <b>Lipids:</b>                        |                                       |            |                |       |   |            |           |           |           |
| Fatty acids, total saturated.....g    | 1.200                                 |            | 1              | A     | 1   |            | 0.340     | 0.336     |           |
| 4:0.....g                             |                                       |            |                |       |   |            |           |           |           |
| 6:0.....g                             |                                       |            |                |       |   |            |           |           |           |
| 8:0.....g                             |                                       |            |                |       |   |            |           |           |           |
| 10:0.....g                            |                                       |            |                |       |   |            |           |           |           |
| 12:0.....g                            |                                       |            |                |       |   |            |           |           |           |
| 13:0.....g                            |                                       |            |                |       |   |            |           |           |           |
| 14:0.....g                            | 0.047                                 |            | 1              | A     | 1   |            | 0.013     | 0.013     |           |
| 15:0.....g                            |                                       |            |                |       |   |            |           |           |           |
| 16:0.....g                            | 0.802                                 |            | 1              | A     | 1   |            | 0.227     | 0.225     |           |
| 17:0.....g                            |                                       |            |                |       |   |            |           |           |           |
| 18:0.....g                            | 0.351                                 |            | 1              | A     | 1   |            | 0.100     | 0.098     |           |



NDB No. 05600

USDA Commodity, turkey ham, dark meat, smoked, frozen

| Nutrients and Units                      | Amount in 100 grams of edible portion |            |         |       |        | Amount in edible portion of common measures of food |           |           |           |
|--|---------------------------------------|------------|---------|-------|--------|---|-----------|-----------|-----------|
|  | Mean                                  | Std. Error | Number  | Deriv | Source | Confidence  | Measure 1 | Measure 2 | Measure 3 |
|  |                                       |            | of Data | Code  | Code   |   |           |           |           |
| 20:0.....g                               |                                       |            |         |       |        |   |           |           |           |
| 22:0.....g                               |                                       |            |         |       |        |   |           |           |           |
| 24:0.....g                               |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total monounsaturated.....g | 1.337                                 |            | 1       | A     | 1      |   | 0.379     | 0.374     |           |
| 14:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 15:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 16:1 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 17:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 18:1 undifferentiated.....g              | 1.337                                 |            | 1       | A     | 1      |   | 0.379     | 0.374     |           |
| 20:1.....g                               |                                       |            |         |       |        |   |           |           |           |
| 22:1 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 24:1 c.....g                             |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total polyunsaturated.....g | 0.873                                 |            | 1       | A     | 1      |   | 0.247     | 0.244     |           |
| 18:2 undifferentiated.....g              | 0.836                                 |            | 1       | A     | 1      |   | 0.237     | 0.234     |           |
| 18:3 undifferentiated.....g              | 0.037                                 |            | 1       | A     | 1      |   | 0.010     | 0.010     |           |
| 18:4.....g                               |                                       |            |         |       |        |   |           |           |           |
| 20:2 n-6 c,c.....g                       |                                       |            |         |       |        |   |           |           |           |
| 20:3 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:4 undifferentiated.....g              |                                       |            |         |       |        |   |           |           |           |
| 20:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:5 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| 22:6 n-3.....g                           |                                       |            |         |       |        |   |           |           |           |
| Fatty acids, total trans.....g           |                                       |            |         |       |        |   |           |           |           |
| Cholesterol.....mg                       | 64                                    |            | 1       | A     | 1      |   | 18        | 18        |           |
| Phytosterols.....mg                      |                                       |            |         |       |        |   |           |           |           |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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