

FoodData Central Food Details

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

SR Legacy, released in April 2018, is the final release of this data type and will not be updated. For more recent data, users should search other data types in FoodData Central.

Data Type: SR LegacyFood Category: Poultry ProductsFDC ID: 171474NDB Number: 5057

FDC Published: 4/1/2019

- Nutrients
- Measures
- Other Information

Portion:

100g

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Water	69.5	g							
Energy	172	kcal	Calculated						
Energy	720	kJ							
Protein	20.8	g							
Total lipid (fat)	9.25	g							
Ash	1.01	g							
Carbohydrate, by difference	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Fiber, total dietary	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Total Sugars	0	g	Assumed zero (Insignificant amount or not naturally occurring in a						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			food, such as fiber in meat)						
Calcium, Ca	11	mg							
Iron, Fe	0.74	mg							
Magnesium, Mg	25	mg							
Phosphorus, P	174	mg							
Potassium, K	220	mg							
Sodium, Na	63	mg							
Zinc, Zn	0.8	mg							
Copper, Cu	0.039	mg							
Manganese, Mn	0.018	mg							
Selenium, Se	16.6	µg	Based on physical composition; Derived from analytical data; Known physical composition						
Vitamin C, total ascorbic acid	0	mg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Thiamin	0.063	mg							
Riboflavin	0.085	mg							
Niacin	9.91	mg							
Pantothenic acid	0.804	mg							
Vitamin B-6	0.53	mg							
Folate, total	4	µg							
Folic acid	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Folate, food	4	µg							
Folate, DFE	4	µg	Calculated						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Choline, total	67.1	mg	Based on another form of the food or similar food; Concentration adjustment; Non-fat solids; Retention factors not used						
Betaine	8.8	mg	Based on another form of the food or similar food; Concentration adjustment; Non-fat solids; Retention factors not used						
Vitamin B-12	0.34	µg							
Vitamin B-12, added	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin A, RAE	24	µg	Calculated						
Retinol	24	µg	Nutrient that is based on other nutrient/s; value used directly, ex. Nut.#204 from Nut.#298						
Carotene, beta	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Carotene, alpha	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			food, such as fiber in meat)						
Cryptoxanthin, beta	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin A, IU	83	IU							
Lycopene	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Lutein + zeaxanthin	0	µg	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
Vitamin E (alpha-tocopherol)	0.27	mg	Calculated from different food; From average values for food category; Solids; Retention factors not used						
Vitamin E, added	0	mg	Based on physical composition; Derived from imputed data; Known physical composition						
Tocopherol, gamma	0.06	mg	Based on physical composition; Derived from analytical data; Known physical composition						
Vitamin D (D2 + D3), International Units	16	IU	Based on physical						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
			composition; Derived from imputed data; Known physical composition						
Vitamin D (D2 + D3)	0.4	µg	Based on physical composition; Derived from imputed data; Known physical composition						
Vitamin K (phylloquinone)	0	µg	Based on another form of the food or similar food; Concentration adjustment; Yield; Retention factors not used						
Vitamin K (Dihydrophylloquinone)	0	µg	Based on physical composition; Derived from imputed data; Known physical composition						
Fatty acids, total saturated	2.66	g							
SFA 4:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 6:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
SFA 8:0	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
SFA 10:0	0	g							
SFA 12:0	0.01	g							
SFA 14:0	0.08	g							
SFA 16:0	1.95	g							
SFA 18:0	0.54	g							
Fatty acids, total monounsaturated	3.82	g							
MUFA 16:1	0.5	g							
MUFA 18:1	3.17	g							
MUFA 20:1	0.1	g							
MUFA 22:1	0	g							
Fatty acids, total polyunsaturated	1.96	g							
PUFA 18:2	1.74	g							
PUFA 18:3	0.08	g							
PUFA 18:4	0	g	Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)						
PUFA 20:4	0.05	g							
PUFA 20:5 n-3 (EPA)	0.01	g							
PUFA 22:5 n-3 (DPA)	0.01	g							
PUFA 22:6 n-3 (DHA)	0.02	g							
Fatty acids, total trans	0.105	g	Based on physical composition; Derived from imputed data; Known physical composition						
Cholesterol	64	mg							
Tryptophan	0.237	g							

Name	Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote
Threonine	0.869	g							
Isoleucine	1.06	g							
Leucine	1.53	g							
Lysine	1.72	g							
Methionine	0.563	g							
Cystine	0.274	g							
Phenylalanine	0.816	g							
Tyrosine	0.684	g							
Valine	1.02	g							
Arginine	1.29	g							
Histidine	0.625	g							
Alanine	1.19	g							
Aspartic acid	1.86	g							
Glutamic acid	3.08	g							
Glycine	1.23	g							
Proline	0.954	g							
Serine	0.729	g							
Alcohol, ethyl	0	g							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)
Caffeine	0	mg							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)
Theobromine	0	mg							Assumed zero (Insignificant amount or not naturally occurring in a food, such as fiber in meat)

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