

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 of Data Points	Deriv Code	Source Code	Confidence 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									
Amino Acids:									
Tryptophan.....g	0.251		0		1		0.181	0.301	
Threonine.....g	0.896		0		1		0.645	1.075	
Isoleucine.....g	1.092		0		1		0.786	1.310	
Leucine.....g	1.609		0		1		1.158	1.931	
Lysine.....g	1.707		0		1		1.229	2.048	
Methionine.....g	0.573		0		1		0.413	0.688	
Cystine.....g	0.306		0		1		0.220	0.367	
Phenylalanine.....g	0.878		0		1		0.632	1.054	
Tyrosine.....g	0.711		0		1		0.512	0.853	
Valine.....g	1.071		0		1		0.771	1.285	
Arginine.....g	1.343		0		1		0.967	1.612	
Histidine.....g	0.635		0		1		0.457	0.762	
Alanine.....g	1.239		0		1		0.892	1.487	
Aspartic acid.....g	1.894		0		1		1.364	2.273	
Glutamic acid.....g	3.542		0		1		2.550	4.250	
Glycine.....g	1.359		0		1		0.978	1.631	
Proline.....g	1.169		0		1		0.842	1.403	
Serine.....g	0.816		0		1		0.588	0.979	
Hydroxyproline.....g									

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05050

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	8.180		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 16 (2003)

NDB No. 05051

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

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

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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 16 (2003)

NDB No. 05052

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

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

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Common Measures:

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

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

NDB No. 05052

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05048

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

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

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Common Measures:

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

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

NDB No. 05048

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05054

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05055

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.830		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	

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Common Measures:

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

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

NDB No. 05055

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05056

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.296		0		1		0.077	0.124	
Threonine.....g	1.069		0		1		0.278	0.449	
Isoleucine.....g	1.336		0		1		0.347	0.561	
Leucine.....g	1.899		0		1		0.494	0.798	
Lysine.....g	2.150		0		1		0.559	0.903	
Methionine.....g	0.700		0		1		0.182	0.294	
Cystine.....g	0.324		0		1		0.084	0.136	
Phenylalanine.....g	1.004		0		1		0.261	0.422	
Tyrosine.....g	0.854		0		1		0.222	0.359	
Valine.....g	1.255		0		1		0.326	0.527	
Arginine.....g	1.526		0		1		0.397	0.641	
Histidine.....g	0.786		0		1		0.204	0.330	
Alanine.....g	1.381		0		1		0.359	0.580	
Aspartic acid.....g	2.255		0		1		0.586	0.947	
Glutamic acid.....g	3.790		0		1		0.985	1.592	
Glycine.....g	1.243		0		1		0.323	0.522	
Proline.....g	1.041		0		1		0.271	0.437	
Serine.....g	0.871		0		1		0.226	0.366	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

NDB No. 05056

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05053

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.071	0.116	
Threonine.....g	0.826		0		1		0.256	0.421	
Isoleucine.....g	1.033		0		1		0.320	0.527	
Leucine.....g	1.467		0		1		0.455	0.748	
Lysine.....g	1.661		0		1		0.515	0.847	
Methionine.....g	0.541		0		1		0.168	0.276	
Cystine.....g	0.250		0		1		0.078	0.128	
Phenylalanine.....g	0.776		0		1		0.241	0.396	
Tyrosine.....g	0.660		0		1		0.205	0.337	
Valine.....g	0.970		0		1		0.301	0.495	
Arginine.....g	1.180		0		1		0.366	0.602	
Histidine.....g	0.607		0		1		0.188	0.310	
Alanine.....g	1.067		0		1		0.331	0.544	
Aspartic acid.....g	1.743		0		1		0.540	0.889	
Glutamic acid.....g	2.929		0		1		0.908	1.494	
Glycine.....g	0.961		0		1		0.298	0.490	
Proline.....g	0.804		0		1		0.249	0.410	
Serine.....g	0.673		0		1		0.209	0.343	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

NDB No. 05053

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05058

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

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

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

Common Measures:

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

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

NDB No. 05058

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05059

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05060

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

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

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Common Measures:

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

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

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

NDB No. 05060

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05061

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

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

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Common Measures:

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

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

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

NDB No. 05061

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05057

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

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

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Common Measures:

- Measure 1 = 87g: .5 breast, bone removed (yield from 1 lb ready-to-cook chicken)
- Measure 2 = 145g: .5 breast, bone removed

NDB No. 05057

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05063

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.390		0		1		0.203	0.335	
Threonine.....g	1.412		0		1		0.734	1.214	
Isoleucine.....g	1.765		0		1		0.918	1.518	
Leucine.....g	2.509		0		1		1.305	2.158	
Lysine.....g	2.836		0		1		1.475	2.439	
Methionine.....g	0.925		0		1		0.481	0.796	
Cystine.....g	0.428		0		1		0.223	0.368	
Phenylalanine.....g	1.328		0		1		0.691	1.142	
Tyrosine.....g	1.128		0		1		0.587	0.970	
Valine.....g	1.659		0		1		0.863	1.427	
Arginine.....g	2.015		0		1		1.048	1.733	
Histidine.....g	1.037		0		1		0.539	0.892	
Alanine.....g	1.823		0		1		0.948	1.568	
Aspartic acid.....g	2.976		0		1		1.548	2.559	
Glutamic acid.....g	5.024		0		1		2.612	4.321	
Glycine.....g	1.641		0		1		0.853	1.411	
Proline.....g	1.381		0		1		0.718	1.188	
Serine.....g	1.152		0		1		0.599	0.991	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

NDB No. 05063

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05064

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

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

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

Common Measures:

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

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

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

NDB No. 05064

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05065

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

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

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Common Measures:

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

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

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

NDB No. 05065

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05062

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.270		0		1		0.192	0.319	
Threonine.....g	0.975		0		1		0.692	1.151	
Isoleucine.....g	1.219		0		1		0.865	1.438	
Leucine.....g	1.732		0		1		1.230	2.044	
Lysine.....g	1.962		0		1		1.393	2.315	
Methionine.....g	0.639		0		1		0.454	0.754	
Cystine.....g	0.296		0		1		0.210	0.349	
Phenylalanine.....g	0.916		0		1		0.650	1.081	
Tyrosine.....g	0.779		0		1		0.553	0.919	
Valine.....g	1.145		0		1		0.813	1.351	
Arginine.....g	1.393		0		1		0.989	1.644	
Histidine.....g	0.717		0		1		0.509	0.846	
Alanine.....g	1.260		0		1		0.895	1.487	
Aspartic acid.....g	2.058		0		1		1.461	2.428	
Glutamic acid.....g	3.458		0		1		2.455	4.080	
Glycine.....g	1.134		0		1		0.805	1.338	
Proline.....g	0.949		0		1		0.674	1.120	
Serine.....g	0.794		0		1		0.564	0.937	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

NDB No. 05062

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05035

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.250		0		1		0.418	0.695	
Threonine.....g	0.895		0		1		1.495	2.488	
Isoleucine.....g	1.094		0		1		1.827	3.041	
Leucine.....g	1.605		0		1		2.680	4.462	
Lysine.....g	1.713		0		1		2.861	4.762	
Methionine.....g	0.574		0		1		0.959	1.596	
Cystine.....g	0.302		0		1		0.504	0.840	
Phenylalanine.....g	0.874		0		1		1.460	2.430	
Tyrosine.....g	0.711		0		1		1.187	1.977	
Valine.....g	1.067		0		1		1.782	2.966	
Arginine.....g	1.333		0		1		2.226	3.706	
Histidine.....g	0.637		0		1		1.064	1.771	
Alanine.....g	1.226		0		1		2.047	3.408	
Aspartic acid.....g	1.889		0		1		3.155	5.251	
Glutamic acid.....g	3.506		0		1		5.855	9.747	
Glycine.....g	1.318		0		1		2.201	3.664	
Proline.....g	1.136		0		1		1.897	3.158	
Serine.....g	0.806		0		1		1.346	2.241	
Hydroxyproline.....g									

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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 16 (2003)

NDB No. 05036

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

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

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Common Measures:

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

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

NDB No. 05036

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05037

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

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

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Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05038

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.750		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									

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Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05034

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

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

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

Common Measures:

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

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

NDB No. 05034

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05044

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

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

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Common Measures:

Measure 1 = 140g: 1 cup

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05045

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

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

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Common Measures:

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

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

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

NDB No. 05045

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05046

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

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

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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 16 (2003)

NDB No. 05043

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

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

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

Common Measures:

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

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

NDB No. 05043

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05067

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

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

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

Common Measures:

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

Measure 2 = 72g: 1 drumstick, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05068

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

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

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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 16 (2003)

NDB No. 05069

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

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

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Common Measures:

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

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

Measure 3 = 52g: 1 drumstick, bone removed

NDB No. 05069

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05070

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

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

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence 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									
Amino Acids:									
Tryptophan.....g	0.218		0		1		0.096	0.159	
Threonine.....g	0.802		0		1		0.353	0.585	
Isoleucine.....g	0.979		0		1		0.431	0.715	
Leucine.....g	1.416		0		1		0.623	1.034	
Lysine.....g	1.590		0		1		0.700	1.161	
Methionine.....g	0.519		0		1		0.228	0.379	
Cystine.....g	0.254		0		1		0.112	0.185	
Phenylalanine.....g	0.754		0		1		0.332	0.550	
Tyrosine.....g	0.630		0		1		0.277	0.460	
Valine.....g	0.942		0		1		0.414	0.688	
Arginine.....g	1.194		0		1		0.525	0.872	
Histidine.....g	0.576		0		1		0.253	0.420	
Alanine.....g	1.101		0		1		0.484	0.804	
Aspartic acid.....g	1.718		0		1		0.756	1.254	
Glutamic acid.....g	2.839		0		1		1.249	2.072	
Glycine.....g	1.154		0		1		0.508	0.842	
Proline.....g	0.890		0		1		0.392	0.650	
Serine.....g	0.675		0		1		0.297	0.493	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 73g: 1 drumstick, bone removed

NDB No. 05066

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05072

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05073

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

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

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Common Measures:

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

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

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

NDB No. 05073

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05074

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

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

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Common Measures:

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

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

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

NDB No. 05074

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05071

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.241		0		1		0.089	0.149	
Threonine.....g	0.870		0		1		0.322	0.539	
Isoleucine.....g	1.087		0		1		0.402	0.674	
Leucine.....g	1.545		0		1		0.572	0.958	
Lysine.....g	1.750		0		1		0.648	1.085	
Methionine.....g	0.570		0		1		0.211	0.353	
Cystine.....g	0.264		0		1		0.098	0.164	
Phenylalanine.....g	0.817		0		1		0.302	0.507	
Tyrosine.....g	0.695		0		1		0.257	0.431	
Valine.....g	1.021		0		1		0.378	0.633	
Arginine.....g	1.242		0		1		0.460	0.770	
Histidine.....g	0.639		0		1		0.236	0.396	
Alanine.....g	1.124		0		1		0.416	0.697	
Aspartic acid.....g	1.835		0		1		0.679	1.138	
Glutamic acid.....g	3.084		0		1		1.141	1.912	
Glycine.....g	1.012		0		1		0.374	0.627	
Proline.....g	0.847		0		1		0.313	0.525	
Serine.....g	0.708		0		1		0.262	0.439	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

NDB No. 05071

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05021

Chicken, broilers or fryers, giblets, cooked, fried

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05022

Chicken, broilers or fryers, giblets, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.962		0	PIE	4		1.394		
14:1.....g	0.000		0	PAE	4		0.000		
15:1.....g	0.000		0	PAE	4		0.000		
16:1 undifferentiated.....g	0.100		0	PAE	4		0.145		
17:1.....g	0.000		0	PAE	4		0.000		
18:1 undifferentiated.....g	0.847		0	PAE	4		1.227		
20:1.....g	0.015		0	PAE	4		0.022		
22:1 undifferentiated.....g	0.000		0	PIE	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.812		0	PIE	4		1.178		
18:2 undifferentiated.....g	0.484		0	PAE	4		0.702		
18:2 n-6 c,c.....g	0.316		0	PAE	4		0.459		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	PAE	4		0.017		
18:3 n-6 c,c,c.....g	0.006		0	PAE	4		0.009		
18:4.....g	0.000		0	PIE	4		0.000		
20:2 n-6 c,c.....g	0.019		0	PAE	4		0.027		
20:3 undifferentiated.....g	0.001		0	PAE	4		0.002		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.297		0	PAE	4		0.430		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	PIE	4		0.000		
22:5 n-3.....g	0.000		0	PIE	4		0.000		
22:6 n-3.....g	0.000		0	PIE	4		0.000		
Fatty acids, total trans.....g	0.103		0	PAE	4		0.150		
Cholesterol.....mg	442		0	PAE	4		641		
Phytosterols.....mg									
<u>Amino Acids:</u>									
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		
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	PIE	4		0.0		
Caffeine.....mg	0		0	PIE	4		0		
Theobromine.....mg	0		0	PIE	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	13		0	PAE	4		19.424		
Carotene, alpha.....mcg	5		0	PAE	4		7.133		
Cryptoxanthin, beta.....mcg	5		0	PAE	4		7.133		
Lycopene.....mcg	12		0	PAE	4		16.694		

NDB No. 05022

Chicken, broilers or fryers, giblets, cooked, simmered

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

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Common Measures:

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05020

Chicken, broilers or fryers, giblets, raw

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

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

Common Measures:

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

Measure 2 = 75g: 1 giblets

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

NDB No. 05076

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

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

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

Common Measures:

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

Measure 2 = 158g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05077

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

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

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Common Measures:

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

Measure 2 = 112g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05078

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

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

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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 16 (2003)

NDB No. 05079

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

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

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Common Measures:

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

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

Measure 3 = 125g: 1 leg, bone removed

NDB No. 05079

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05075

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

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

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Common Measures:

- Measure 1 = 101g: 1 leg, bone removed (yield from 1 lb ready-to-cook chicken)
- Measure 2 = 167g: 1 leg, bone removed

NDB No. 05075

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05081

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	3.430		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									

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Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05082

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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

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Common Measures:

- Measure 1 = 140g: 1 cup, chopped or diced
- Measure 2 = 57g: 1 unit (yield from 1 lb ready-to-cook chicken)
- Measure 3 = 95g: 1 leg, bone and skin removed

NDB No. 05082

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05083

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

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

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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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.235		0		1		0.183	0.306	
Threonine.....g	0.850		0		1		0.663	1.105	
Isoleucine.....g	1.063		0		1		0.829	1.382	
Leucine.....g	1.511		0		1		1.179	1.964	
Lysine.....g	1.710		0		1		1.334	2.223	
Methionine.....g	0.557		0		1		0.434	0.724	
Cystine.....g	0.258		0		1		0.201	0.335	
Phenylalanine.....g	0.799		0		1		0.623	1.039	
Tyrosine.....g	0.680		0		1		0.530	0.884	
Valine.....g	0.999		0		1		0.779	1.299	
Arginine.....g	1.214		0		1		0.947	1.578	
Histidine.....g	0.625		0		1		0.488	0.813	
Alanine.....g	1.098		0		1		0.856	1.427	
Aspartic acid.....g	1.794		0		1		1.399	2.332	
Glutamic acid.....g	3.015		0		1		2.352	3.920	
Glycine.....g	0.989		0		1		0.771	1.286	
Proline.....g	0.828		0		1		0.646	1.076	
Serine.....g	0.693		0		1		0.541	0.901	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

- Measure 1 = 78g: 1 leg bone and skin removed (yield from 1 lb ready-to-cook chicken)
- Measure 2 = 130g: 1 leg, bone and skin removed

NDB No. 05080

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05030

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05031

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

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

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Common Measures:

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

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

NDB No. 05031

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05032

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05033

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05029

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.520		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	

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Common Measures:

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

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

NDB No. 05029

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05040

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

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

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

Common Measures:

Measure 1 = 140g: 1 cup

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05041

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

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

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

Common Measures:

- Measure 1 = 140g: 1 cup, chopped or diced
- Measure 2 = 64g: 1 unit (yield from 1 lb ready-to-cook chicken)
- Measure 3 = 107g: .5 chicken, bone and skin removed

NDB No. 05041

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05042

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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

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Common Measures:

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

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

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

NDB No. 05042

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05039

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	

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Common Measures:

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

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

NDB No. 05039

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05002

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

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

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Common Measures:

Measure 1 = 1028g: 1 chicken

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05003

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

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

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Common Measures:

Measure 1 = 708g: 1 chicken

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05001

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

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

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Common Measures:

Measure 1 = 1046g: 1 chicken

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05004

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.298		0		1		2.032	0.611	
Threonine.....g	1.111		0		1		7.577	2.278	
Isoleucine.....g	1.330		0		1		9.071	2.727	
Leucine.....g	1.955		0		1		13.333	4.008	
Lysine.....g	2.158		0		1		14.718	4.424	
Methionine.....g	0.707		0		1		4.822	1.449	
Cystine.....g	0.358		0		1		2.442	0.734	
Phenylalanine.....g	1.050		0		1		7.161	2.153	
Tyrosine.....g	0.860		0		1		5.865	1.763	
Valine.....g	1.306		0		1		8.907	2.677	
Arginine.....g	1.690		0		1		11.526	3.465	
Histidine.....g	0.773		0		1		5.272	1.585	
Alanine.....g	1.552		0		1		10.585	3.182	
Aspartic acid.....g	2.395		0		1		16.334	4.910	
Glutamic acid.....g	3.917		0		1		26.714	8.030	
Glycine.....g	1.745		0		1		11.901	3.577	
Proline.....g	1.316		0		1		8.975	2.698	
Serine.....g	0.961		0		1		6.554	1.970	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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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 16 (2003)

NDB No. 05005

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

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

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Common Measures:

Measure 1 = 751g: 1 chicken

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05007

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.257		0		1		0.720	1.198	
Threonine.....g	0.922		0		1		2.582	4.297	
Isoleucine.....g	1.125		0		1		3.150	5.243	
Leucine.....g	1.653		0		1		4.628	7.703	
Lysine.....g	1.765		0		1		4.942	8.225	
Methionine.....g	0.591		0		1		1.655	2.754	
Cystine.....g	0.311		0		1		0.871	1.449	
Phenylalanine.....g	0.899		0		1		2.517	4.189	
Tyrosine.....g	0.732		0		1		2.050	3.411	
Valine.....g	1.100		0		1		3.080	5.126	
Arginine.....g	1.378		0		1		3.858	6.421	
Histidine.....g	0.655		0		1		1.834	3.052	
Alanine.....g	1.270		0		1		3.556	5.918	
Aspartic acid.....g	1.950		0		1		5.460	9.087	
Glutamic acid.....g	3.605		0		1		10.094	16.799	
Glycine.....g	1.378		0		1		3.858	6.421	
Proline.....g	1.178		0		1		3.298	5.489	
Serine.....g	0.832		0		1		2.330	3.877	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

- Measure 1 = 280g: 1 unit (yield from 1 lb ready-to-cook chicken)
- Measure 2 = 466g: .5 chicken, bone removed

NDB No. 05007

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05008

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

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

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Common Measures:

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

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

NDB No. 05008

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05009

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

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

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Common Measures:

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

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

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

NDB No. 05009

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05010

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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

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Common Measures:

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

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

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

NDB No. 05010

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05006

Chicken, broilers or fryers, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.207		0		1		0.571	0.952	
Threonine.....g	0.767		0		1		2.117	3.528	
Isoleucine.....g	0.924		0		1		2.550	4.250	
Leucine.....g	1.350		0		1		3.726	6.210	
Lysine.....g	1.509		0		1		4.165	6.941	
Methionine.....g	0.493		0		1		1.361	2.268	
Cystine.....g	0.249		0		1		0.687	1.145	
Phenylalanine.....g	0.721		0		1		1.990	3.317	
Tyrosine.....g	0.597		0		1		1.648	2.746	
Valine.....g	0.902		0		1		2.490	4.149	
Arginine.....g	1.169		0		1		3.226	5.377	
Histidine.....g	0.544		0		1		1.501	2.502	
Alanine.....g	1.089		0		1		3.006	5.009	
Aspartic acid.....g	1.659		0		1		4.579	7.631	
Glutamic acid.....g	2.714		0		1		7.491	12.484	
Glycine.....g	1.223		0		1		3.375	5.626	
Proline.....g	0.911		0		1		2.514	4.191	
Serine.....g	0.657		0		1		1.813	3.022	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

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

NDB No. 05006

Chicken, broilers or fryers, meat and skin, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05012

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

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

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Common Measures:

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

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

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

NDB No. 05012

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05011

Chicken, broilers or fryers, meat only, raw

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

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Common Measures:

- Measure 1 = 197g: 1 unit (yield from 1 lb ready-to-cook chicken)
- Measure 2 = 329g: .5 chicken, bone and skin removed

NDB No. 05011

Chicken, broilers or fryers, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05013

Chicken, broilers or fryers, meat only, roasted

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

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Common Measures:

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

Measure 2 = 8.7g: 1 tbsp

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

NDB No. 05013

Chicken, broilers or fryers, meat only, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05014

Chicken, broilers or fryers, meat only, stewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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

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Common Measures:

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

Measure 2 = 8.7g: 1 tbsp

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

NDB No. 05014

Chicken, broilers or fryers, meat only, stewed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05087

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.022	0.076	
Threonine.....g	0.776		0		1		0.085	0.295	
Isoleucine.....g	0.872		0		1		0.096	0.331	
Leucine.....g	1.342		0		1		0.148	0.510	
Lysine.....g	1.466		0		1		0.161	0.557	
Methionine.....g	0.482		0		1		0.053	0.183	
Cystine.....g	0.281		0		1		0.031	0.107	
Phenylalanine.....g	0.731		0		1		0.080	0.278	
Tyrosine.....g	0.574		0		1		0.063	0.218	
Valine.....g	0.913		0		1		0.100	0.347	
Arginine.....g	1.316		0		1		0.145	0.500	
Histidine.....g	0.515		0		1		0.057	0.196	
Alanine.....g	1.280		0		1		0.141	0.486	
Aspartic acid.....g	1.750		0		1		0.193	0.665	
Glutamic acid.....g	2.735		0		1		0.301	1.039	
Glycine.....g	1.837		0		1		0.202	0.698	
Proline.....g	1.219		0		1		0.134	0.463	
Serine.....g	0.724		0		1		0.080	0.275	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 38g: 1 neck, bone removed

NDB No. 05087

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05085

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

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

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

Common Measures:

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

Measure 2 = 52g: 1 neck, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05086

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

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

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

Common Measures:

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

Measure 2 = 36g: 1 neck, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05084

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

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

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

Common Measures:

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

Measure 2 = 50g: 1 neck, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05089

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05090

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05088

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.012	0.041	
Threonine.....g	0.741		0		1		0.044	0.148	
Isoleucine.....g	0.926		0		1		0.056	0.185	
Leucine.....g	1.316		0		1		0.079	0.263	
Lysine.....g	1.491		0		1		0.089	0.298	
Methionine.....g	0.486		0		1		0.029	0.097	
Cystine.....g	0.225		0		1		0.014	0.045	
Phenylalanine.....g	0.696		0		1		0.042	0.139	
Tyrosine.....g	0.592		0		1		0.036	0.118	
Valine.....g	0.870		0		1		0.052	0.174	
Arginine.....g	1.058		0		1		0.063	0.212	
Histidine.....g	0.545		0		1		0.033	0.109	
Alanine.....g	0.957		0		1		0.057	0.191	
Aspartic acid.....g	1.563		0		1		0.094	0.313	
Glutamic acid.....g	2.627		0		1		0.158	0.525	
Glycine.....g	0.862		0		1		0.052	0.172	
Proline.....g	0.721		0		1		0.043	0.144	
Serine.....g	0.604		0		1		0.036	0.121	
Hydroxyproline.....g									

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05047

Chicken, broilers or fryers, separable fat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 16 (2003)

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 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	12.350		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 16 (2003)

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

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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 16 (2003)

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

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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 16 (2003)

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 measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.830		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									

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Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05015

Chicken, broilers or fryers, skin only, raw

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

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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 16 (2003)

NDB No. 05092

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

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

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

Common Measures:

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

Measure 2 = 86g: 1 thigh, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05093

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.870		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 16 (2003)

NDB No. 05094

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

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

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

Common Measures:

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

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

Measure 3 = 62g: 1 thigh, bone removed

NDB No. 05094

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05095

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

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

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Common Measures:

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

Measure 2 = 68g: 1 thigh, bone removed

NDB No. 05095

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05091

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

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

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

Common Measures:

- Measure 1 = 57g: 1 thigh, bone removed (yield from 1 lb ready-to-cook chicken)
- Measure 2 = 94g: 1 thigh, bone removed

NDB No. 05091

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05097

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05098

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

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

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Common Measures:

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

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

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

NDB No. 05098

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05099

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

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

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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 16 (2003)

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 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	1.210		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	

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Common Measures:

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

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

NDB No. 05096

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05101

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

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

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

Common Measures:

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

Measure 2 = 49g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05102

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

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

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

Common Measures:

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

Measure 2 = 32g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05103

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

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

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

Common Measures:

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

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

Measure 3 = 34g: 1 wing, bone removed

NDB No. 05103

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05104

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

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

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Common Measures:

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

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

Measure 3 = 40g: 1 wing, bone removed

NDB No. 05104

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05100

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	6.280		0	NC	4		1.821	3.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.870		0		1		0.252	0.426	
17:1.....g									
18:1 undifferentiated.....g	5.230		0		1		1.517	2.563	
20:1.....g	0.180		0		1		0.052	0.088	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.260		0	NC	4		0.945	1.597	
18:2 undifferentiated.....g	2.950		0		1		0.856	1.446	
18:3 undifferentiated.....g	0.130		0		1		0.038	0.064	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.032	0.054	
20:5 n-3.....g	0.010		0		1		0.003	0.005	
22:5 n-3.....g	0.020		0		1		0.006	0.010	
22:6 n-3.....g	0.040		0		1		0.012	0.020	
Fatty acids, total trans.....g	0.191		0	PIK	4		0.055	0.093	
Cholesterol.....mg	77		0		1		22	38	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0		1		0.057	0.096	
Threonine.....g	0.740		0		1		0.215	0.363	
Isoleucine.....g	0.860		0		1		0.249	0.421	
Leucine.....g	1.290		0		1		0.374	0.632	
Lysine.....g	1.425		0		1		0.413	0.698	
Methionine.....g	0.467		0		1		0.135	0.229	
Cystine.....g	0.255		0		1		0.074	0.125	
Phenylalanine.....g	0.696		0		1		0.202	0.341	
Tyrosine.....g	0.561		0		1		0.163	0.275	
Valine.....g	0.870		0		1		0.252	0.426	
Arginine.....g	1.193		0		1		0.346	0.585	
Histidine.....g	0.507		0		1		0.147	0.248	
Alanine.....g	1.138		0		1		0.330	0.558	
Aspartic acid.....g	1.635		0		1		0.474	0.801	
Glutamic acid.....g	2.612		0		1		0.757	1.280	
Glycine.....g	1.475		0		1		0.428	0.723	
Proline.....g	1.025		0		1		0.297	0.502	
Serine.....g	0.663		0		1		0.192	0.325	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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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

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05107

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

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

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

Common Measures:

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

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

NDB No. 05107

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05108

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.310		0		1		3.234	0.323	0.554
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0		1		0.378	0.038	0.065
17:1.....g									
18:1 undifferentiated.....g	1.950		0		1		2.730	0.273	0.468
20:1.....g	0.040		0		1		0.056	0.006	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.570		0		1		2.198	0.220	0.377
18:2 undifferentiated.....g	1.140		0		1		1.596	0.160	0.274
18:3 undifferentiated.....g	0.050		0		1		0.070	0.007	0.012
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.021	0.036
20:5 n-3.....g	0.010		0		1		0.014	0.001	0.002
22:5 n-3.....g	0.040		0		1		0.056	0.006	0.010
22:6 n-3.....g	0.060		0		1		0.084	0.008	0.014
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		104	10	18
Phytosterols.....mg									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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
<u>Carotenoids:</u>									
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 = 14.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

NDB No. 05108

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05105

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.850		0		1		0.145	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080	0.005	27		1		0.014	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.730	0.028	27		1		0.124	0.212	
20:1.....g	0.010	0.006	4		1		0.002	0.003	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0		1		0.136	0.232	
18:2 undifferentiated.....g	0.470	0.020	27		1		0.080	0.136	
18:3 undifferentiated.....g	0.020	0.002	15		1		0.003	0.006	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120	0.007	26		1		0.020	0.035	
20:5 n-3.....g	0.010	0.001	13		1		0.002	0.003	
22:5 n-3.....g	0.030	0.005	13		1		0.005	0.009	
22:6 n-3.....g	0.050	0.009	12		1		0.009	0.015	
Fatty acids, total trans.....g	0.070		0	BFFN	4		0.012	0.020	
Cholesterol.....mg	57		0		1		10	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.257		0		1		0.044	0.075	
Threonine.....g	0.928		0		1		0.158	0.269	
Isoleucine.....g	1.160		0		1		0.197	0.336	
Leucine.....g	1.649		0		1		0.280	0.478	
Lysine.....g	1.866		0		1		0.317	0.541	
Methionine.....g	0.608		0		1		0.103	0.176	
Cystine.....g	0.281		0		1		0.048	0.081	
Phenylalanine.....g	0.872		0		1		0.148	0.253	
Tyrosine.....g	0.742		0		1		0.126	0.215	
Valine.....g	1.090		0		1		0.185	0.316	
Arginine.....g	1.325		0		1		0.225	0.384	
Histidine.....g	0.682		0		1		0.116	0.198	
Alanine.....g	1.199		0		1		0.204	0.348	
Aspartic acid.....g	1.958		0		1		0.333	0.568	
Glutamic acid.....g	3.290		0		1		0.559	0.954	
Glycine.....g	1.079		0		1		0.183	0.313	
Proline.....g	0.903		0		1		0.154	0.262	
Serine.....g	0.756		0		1		0.129	0.219	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

NDB No. 05105

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05277

Chicken, canned, meat only, with broth

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	3.150		0		1		4.473		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.625		
17:1.....g									
18:1 undifferentiated.....g	2.590		0		1		3.678		
20:1.....g	0.080		0		1		0.114		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0		1		2.485		
18:2 undifferentiated.....g	1.510		0		1		2.144		
18:3 undifferentiated.....g	0.070		0		1		0.099		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.099		
20:5 n-3.....g	0.010		0		1		0.014		
22:5 n-3.....g	0.010		0		1		0.014		
22:6 n-3.....g	0.020		0		1		0.028		
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		4		88		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.243		0		1		0.345		
Threonine.....g	0.895		0		1		1.271		
Isoleucine.....g	1.085		0		1		1.541		
Leucine.....g	1.578		0		1		2.241		
Lysine.....g	1.764		0		1		2.505		
Methionine.....g	0.574		0		1		0.815		
Cystine.....g	0.297		0		1		0.422		
Phenylalanine.....g	0.842		0		1		1.196		
Tyrosine.....g	0.699		0		1		0.993		
Valine.....g	1.052		0		1		1.494		
Arginine.....g	1.355		0		1		1.924		
Histidine.....g	0.636		0		1		0.903		
Alanine.....g	1.258		0		1		1.786		
Aspartic acid.....g	1.926		0		1		2.735		
Glutamic acid.....g	3.173		0		1		4.506		
Glycine.....g	1.389		0		1		1.972		
Proline.....g	1.040		0		1		1.477		
Serine.....g	0.762		0		1		1.082		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

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

NDB No. 05277

Chicken, canned, meat only, with broth

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05311
Chicken, canned, no broth

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

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Common Measures:

Measure 1 = 205g: 1 cup

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

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

NDB No. 05138

Chicken, capons, giblets, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.313		0		1		0.454	0.034	
Threonine.....g	1.193		0		1		1.730	0.131	
Isoleucine.....g	1.339		0		1		1.942	0.147	
Leucine.....g	2.158		0		1		3.129	0.237	
Lysine.....g	1.942		0		1		2.816	0.214	
Methionine.....g	0.654		0		1		0.948	0.072	
Cystine.....g	0.352		0		1		0.510	0.039	
Phenylalanine.....g	1.215		0		1		1.762	0.134	
Tyrosine.....g	0.878		0		1		1.273	0.097	
Valine.....g	1.453		0		1		2.107	0.160	
Arginine.....g	1.738		0		1		2.520	0.191	
Histidine.....g	0.631		0		1		0.915	0.069	
Alanine.....g	1.339		0		1		1.942	0.147	
Aspartic acid.....g	2.480		0		1		3.596	0.273	
Glutamic acid.....g	3.907		0		1		5.665	0.430	
Glycine.....g	1.467		0		1		2.127	0.161	
Proline.....g	1.338		0		1		1.940	0.147	
Serine.....g	1.150		0		1		1.668	0.127	
Hydroxyproline.....g									

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Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05137
Chicken, capons, giblets, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.217		0		1		0.250	0.039	
Threonine.....g	0.826		0		1		0.950	0.149	
Isoleucine.....g	0.927		0		1		1.066	0.167	
Leucine.....g	1.496		0		1		1.720	0.269	
Lysine.....g	1.346		0		1		1.548	0.242	
Methionine.....g	0.452		0		1		0.520	0.081	
Cystine.....g	0.243		0		1		0.279	0.044	
Phenylalanine.....g	0.841		0		1		0.967	0.151	
Tyrosine.....g	0.609		0		1		0.700	0.110	
Valine.....g	1.007		0		1		1.158	0.181	
Arginine.....g	1.203		0		1		1.383	0.217	
Histidine.....g	0.437		0		1		0.503	0.079	
Alanine.....g	0.930		0		1		1.070	0.167	
Aspartic acid.....g	1.718		0		1		1.976	0.309	
Glutamic acid.....g	2.703		0		1		3.108	0.487	
Glycine.....g	1.016		0		1		1.168	0.183	
Proline.....g	0.926		0		1		1.065	0.167	
Serine.....g	0.796		0		1		0.915	0.143	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 115g: 1 giblets

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05134

Chicken, capons, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.710		0		1		66.788	10.268	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		9.217	1.417	
17:1.....g									
18:1 undifferentiated.....g	3.880		0		1		55.018	8.458	
20:1.....g	0.120		0		1		1.702	0.262	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.520		0		1		35.734	5.494	
18:2 undifferentiated.....g	2.220		0		1		31.480	4.840	
18:3 undifferentiated.....g	0.100		0		1		1.418	0.218	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		1.276	0.196	
20:5 n-3.....g	0.010		0		1		0.142	0.022	
22:5 n-3.....g	0.010		0		1		0.142	0.022	
22:6 n-3.....g	0.030		0		1		0.425	0.065	
Fatty acids, total trans.....g									
Cholesterol.....mg	103		0		1		1461	225	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		4.509	0.693	
Threonine.....g	1.178		0		1		16.704	2.568	
Isoleucine.....g	1.419		0		1		20.121	3.093	
Leucine.....g	2.077		0		1		29.452	4.528	
Lysine.....g	2.302		0		1		32.642	5.018	
Methionine.....g	0.753		0		1		10.678	1.642	
Cystine.....g	0.377		0		1		5.346	0.822	
Phenylalanine.....g	1.112		0		1		15.768	2.424	
Tyrosine.....g	0.916		0		1		12.989	1.997	
Valine.....g	1.386		0		1		19.653	3.021	
Arginine.....g	1.777		0		1		25.198	3.874	
Histidine.....g	0.828		0		1		11.741	1.805	
Alanine.....g	1.637		0		1		23.213	3.569	
Aspartic acid.....g	2.534		0		1		35.932	5.524	
Glutamic acid.....g	4.151		0		1		58.861	9.049	
Glycine.....g	1.799		0		1		25.510	3.922	
Proline.....g	1.366		0		1		19.370	2.978	
Serine.....g	1.009		0		1		14.308	2.200	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 1418g: 1 capon

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05133

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

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

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

Common Measures:

Measure 1 = 2152g: 1 capon

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05136

Chicken, capons, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.750		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									

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Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05135

Chicken, capons, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.310		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	

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Common Measures:

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

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

NDB No. 05135

Chicken, capons, meat and skin, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05308

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

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

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Common Measures:

Measure 1 = 257g: 1 bird whole

Measure 2 = 129g: .5 bird

NDB No. 05308

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05307

Chicken, cornish game hens, meat and skin, raw

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

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Common Measures:

Measure 1 = 168g: .5 bird

NDB No. 05307

Chicken, cornish game hens, meat and skin, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05310

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

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

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Common Measures:

Measure 1 = 220g: 1 bird whole

Measure 2 = 110g: .5 bird

NDB No. 05310

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05309

Chicken, cornish game hens, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.070		0		1		2.557	1.284	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.430	0.216	
17:1.....g									
18:1 undifferentiated.....g	0.870		0		1		2.079	1.044	
20:1.....g	0.010		0		1		0.024	0.012	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.810		0		1		1.936	0.972	
18:2 undifferentiated.....g	0.600		0		1		1.434	0.720	
18:3 undifferentiated.....g	0.020		0		1		0.048	0.024	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.359	0.180	
20:5 n-3.....g	0.010		0		1		0.024	0.012	
22:5 n-3.....g	0.010		0		1		0.024	0.012	
22:6 n-3.....g	0.020		0		1		0.048	0.024	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		217	109	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.234		0		1		0.559	0.281	
Threonine.....g	0.846		0		1		2.022	1.015	
Isoleucine.....g	1.058		0		1		2.529	1.270	
Leucine.....g	1.504		0		1		3.595	1.805	
Lysine.....g	1.702		0		1		4.068	2.042	
Methionine.....g	0.555		0		1		1.326	0.666	
Cystine.....g	0.256		0		1		0.612	0.307	
Phenylalanine.....g	0.795		0		1		1.900	0.954	
Tyrosine.....g	0.676		0		1		1.616	0.811	
Valine.....g	0.994		0		1		2.376	1.193	
Arginine.....g	1.209		0		1		2.890	1.451	
Histidine.....g	0.622		0		1		1.487	0.746	
Alanine.....g	1.093		0		1		2.612	1.312	
Aspartic acid.....g	1.786		0		1		4.269	2.143	
Glutamic acid.....g	3.001		0		1		7.172	3.601	
Glycine.....g	0.984		0		1		2.352	1.181	
Proline.....g	0.824		0		1		1.969	0.989	
Serine.....g	0.689		0		1		1.647	0.827	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 239g: 1 bird whole

Measure 2 = 120g: .5 bird

NDB No. 05309

Chicken, cornish game hens, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05335
Chicken, feet, boiled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	5.500					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.742					4			
17:1.....g									
18:1 undifferentiated.....g	4.530					4			
20:1.....g	0.158					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.980					4			
18:2 undifferentiated.....g	2.570					4			
18:3 undifferentiated.....g	0.108					4			
18:4.....g	0.000					4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.014					4			
22:5 n-3.....g	0.022					4			
22:6 n-3.....g	0.043					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	84					4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

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

NDB No. 05024

Chicken, gizzard, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.528		1	A	1		0.766		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.074		1	A	1		0.107		
17:1.....g									
18:1 undifferentiated.....g	0.443		1	A	1		0.642		
20:1.....g	0.011		1	A	1		0.016		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.353		1	A	1		0.512		
18:2 undifferentiated.....g	0.223		1	A	1		0.323		
18:3 undifferentiated.....g	0.003		0	A	1		0.004		
18:3 n-6 c,c,c.....g	0.003		1	A	1		0.004		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.019		1	A	1		0.028		
20:3 undifferentiated.....g	0.003		1	A	1		0.004		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.104		1	A	1		0.151		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.130		1	A	1		0.189		
Cholesterol.....mg	370		1	A	1		537		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05023

Chicken, gizzard, all classes, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.512		1	A	1				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.073		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.430		1	A	1				
20:1.....g	0.009		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		1	A	1				
18:2 undifferentiated.....g	0.246		1	A	1				
18:3 undifferentiated.....g	0.003		0	A	1				
18:3 n-6 c,c,c.....g	0.003		1	A	1				
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.013		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.086		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.060		1	A	1				
Cholesterol.....mg	240		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	0		1	A	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05026

Chicken, heart, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.338		0		1		0.490	0.003	
Threonine.....g	1.196		0		1		1.734	0.012	
Isoleucine.....g	1.415		0		1		2.052	0.014	
Leucine.....g	2.303		0		1		3.339	0.023	
Lysine.....g	2.214		0		1		3.210	0.022	
Methionine.....g	0.638		0		1		0.925	0.006	
Cystine.....g	0.359		0		1		0.521	0.004	
Phenylalanine.....g	1.183		0		1		1.715	0.012	
Tyrosine.....g	0.946		0		1		1.372	0.009	
Valine.....g	1.496		0		1		2.169	0.015	
Arginine.....g	1.694		0		1		2.456	0.017	
Histidine.....g	0.693		0		1		1.005	0.007	
Alanine.....g	1.665		0		1		2.414	0.017	
Aspartic acid.....g	2.569		0		1		3.725	0.026	
Glutamic acid.....g	3.921		0		1		5.685	0.039	
Glycine.....g	1.466		0		1		2.126	0.015	
Proline.....g	1.348		0		1		1.955	0.013	
Serine.....g	1.065		0		1		1.544	0.011	
Hydroxyproline.....g									

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

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

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

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

Common Measures:

Measure 1 = 6.1g: 1 heart

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05661

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.387		0	NC	4		3.369		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.120	0.013	4	A	1		0.292		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	1.246	0.122	4	A	1		3.027		
20:1.....g	0.021	0.001	4	A	1		0.050		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.265		0	NC	4		3.073		
18:2 undifferentiated.....g	0.714		0	AS	1		1.735		
18:2 n-6 c,c.....g	0.714	0.021	4	A	1		1.735		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.026		0	AS	1		0.062		
18:3 n-6 c,c,c.....g	0.014	0.001	4	A	1		0.033		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.018	0.010	4	A	1		0.043		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.508	0.038	4	A	1		1.234		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.098	0.033	4	A	1		0.237		
Cholesterol.....mg	564	13.543	4	A	1		1369		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0	A	1		0.635		
Threonine.....g	1.076		0	A	1		2.614		
Isoleucine.....g	1.206		0	A	1		2.931		
Leucine.....g	2.243		0	A	1		5.451		
Lysine.....g	1.976		0	A	1		4.802		
Methionine.....g	0.641		0	A	1		1.557		
Cystine.....g	0.404		0	A	1		0.981		
Phenylalanine.....g	1.223		0	A	1		2.971		
Tyrosine.....g	0.969		0	A	1		2.354		
Valine.....g	1.481		0	A	1		3.598		
Arginine.....g	1.622		0	A	1		3.941		
Histidine.....g	0.752		0	A	1		1.828		
Alanine.....g	1.473		0	A	1		3.580		
Aspartic acid.....g	2.363		0	A	1		5.743		
Glutamic acid.....g	3.105		0	A	1		7.546		
Glycine.....g	1.260		0	A	1		3.061		
Proline.....g	1.077		0	A	1		2.617		
Serine.....g	1.090		0	A	1		2.650		
Hydroxyproline.....g	0.043		1	A	1		0.104		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	31	3.126	4	A	1		74.297		
Carotene, alpha.....mcg	11	0.000	4	A	1		27.168		
Cryptoxanthin, beta.....mcg	11	0.000	4	A	1		27.168		
Lycopene.....mcg	25	2.794	4	A	1		60.386		

NDB No. 05661

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

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

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

Common Measures:

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05028

Chicken, liver, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.416		0	NC	4		3.626		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.120	0.015	4	A	1		0.307		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	1.276	0.164	4	A	1		3.265		
20:1.....g	0.021	0.001	4	A	1		0.053		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.269		0	NC	4		3.248		
18:2 undifferentiated.....g	0.719		0	AS	1		1.840		
18:2 n-6 c,c.....g	0.719	0.048	4	A	1		1.840		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.023		0	AS	1		0.060		
18:3 n-6 c,c,c.....g	0.011	0.004	4	A	1		0.029		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.019	0.011	4	A	1		0.048		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.508	0.052	4	A	1		1.300		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.090	0.032	4	A	1		0.230		
Cholesterol.....mg	563	22.823	4	A	1		1441		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0	A	1		0.634		
Threonine.....g	1.021		0	A	1		2.613		
Isoleucine.....g	1.144		0	A	1		2.930		
Leucine.....g	2.128		0	A	1		5.449		
Lysine.....g	1.875		0	A	1		4.800		
Methionine.....g	0.608		0	A	1		1.557		
Cystine.....g	0.383		0	A	1		0.980		
Phenylalanine.....g	1.160		0	A	1		2.970		
Tyrosine.....g	0.919		0	A	1		2.353		
Valine.....g	1.405		0	A	1		3.597		
Arginine.....g	1.539		0	A	1		3.939		
Histidine.....g	0.714		0	A	1		1.827		
Alanine.....g	1.398		0	A	1		3.579		
Aspartic acid.....g	2.243		0	A	1		5.741		
Glutamic acid.....g	2.946		0	A	1		7.543		
Glycine.....g	1.195		0	A	1		3.060		
Proline.....g	1.022		0	A	1		2.616		
Serine.....g	1.035		0	A	1		2.649		
Hydroxyproline.....g	0.043		1	A	1		0.110		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	30	8.739	4	A	1		77.939		
Carotene, alpha.....mcg	11	0.000	4	A	1		28.622		
Cryptoxanthin, beta.....mcg	11	0.000	4	A	1		28.622		
Lycopene.....mcg	21	7.388	4	A	1		53.952		

NDB No. 05028

Chicken, liver, all classes, cooked, simmered

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

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

Common Measures:

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.249		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g	0.000	0.000	4	A	1				
16:1 undifferentiated.....g	0.106	0.026	4	A	1				
17:1.....g	0.000	0.000	4	A	1				
18:1 undifferentiated.....g	1.127	0.330	4	A	1				
20:1.....g	0.016	0.003	4	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.819		0	NC	4				
18:2 undifferentiated.....g	0.475		0	AS	1				
18:2 n-6 c,c.....g	0.475	0.028	4	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1				
18:3 n-6 c,c,c.....g	0.006	0.002	4	A	1				
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.005	0.005	4	A	1				
20:3 undifferentiated.....g	0.000	0.000	4	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.326	0.020	4	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.065	0.022	4	A	1				
Cholesterol.....mg	345	5.236	4	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	56		4	A	1				
Carotene, alpha.....mcg	11		4	A	1				
Cryptoxanthin, beta.....mcg	11		4	A	1				
Lycopene.....mcg	40		4	A	1				

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

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

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05120

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

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

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05119

Chicken, roasting, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.120		0		1		1.266	2.890	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160	0.017	24		1		0.181	0.413	
17:1.....g									
18:1 undifferentiated.....g	0.930	0.086	24		1		1.051	2.399	
20:1.....g	0.010	0.003	6		1		0.011	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0		1		1.017	2.322	
18:2 undifferentiated.....g	0.690	0.063	24		1		0.780	1.780	
18:3 undifferentiated.....g	0.030	0.003	18		1		0.034	0.077	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.018	16		1		0.102	0.232	
20:5 n-3.....g	0.010	0.003	8		1		0.011	0.026	
22:5 n-3.....g	0.020	0.006	9		1		0.023	0.052	
22:6 n-3.....g	0.030	0.011	9		1		0.034	0.077	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		81	186	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.247	0.565	
Threonine.....g	0.791		0		1		0.894	2.041	
Isoleucine.....g	0.989		0		1		1.118	2.552	
Leucine.....g	1.406		0		1		1.589	3.627	
Lysine.....g	1.592		0		1		1.799	4.107	
Methionine.....g	0.519		0		1		0.586	1.339	
Cystine.....g	0.240		0		1		0.271	0.619	
Phenylalanine.....g	0.744		0		1		0.841	1.920	
Tyrosine.....g	0.633		0		1		0.715	1.633	
Valine.....g	0.929		0		1		1.050	2.397	
Arginine.....g	1.130		0		1		1.277	2.915	
Histidine.....g	0.582		0		1		0.658	1.502	
Alanine.....g	1.022		0		1		1.155	2.637	
Aspartic acid.....g	1.670		0		1		1.887	4.309	
Glutamic acid.....g	2.806		0		1		3.171	7.239	
Glycine.....g	0.920		0		1		1.040	2.374	
Proline.....g	0.770		0		1		0.870	1.987	
Serine.....g	0.645		0		1		0.729	1.664	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

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

NDB No. 05119

Chicken, roasting, dark meat, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05116

Chicken, roasting, giblets, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.428	0.044	
Threonine.....g	1.217		0		1		1.765	0.183	
Isoleucine.....g	1.333		0		1		1.933	0.200	
Leucine.....g	2.102		0		1		3.048	0.315	
Lysine.....g	1.945		0		1		2.820	0.292	
Methionine.....g	0.674		0		1		0.977	0.101	
Cystine.....g	0.355		0		1		0.515	0.053	
Phenylalanine.....g	1.195		0		1		1.733	0.179	
Tyrosine.....g	0.870		0		1		1.262	0.131	
Valine.....g	1.393		0		1		2.020	0.209	
Arginine.....g	1.809		0		1		2.623	0.271	
Histidine.....g	0.612		0		1		0.887	0.092	
Alanine.....g	1.280		0		1		1.856	0.192	
Aspartic acid.....g	2.503		0		1		3.629	0.375	
Glutamic acid.....g	4.146		0		1		6.012	0.622	
Glycine.....g	1.463		0		1		2.121	0.219	
Proline.....g	1.368		0		1		1.984	0.205	
Serine.....g	1.172		0		1		1.699	0.176	
Hydroxyproline.....g									

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05115
Chicken, roasting, giblets, raw

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

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

Common Measures:

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

Measure 2 = 113g: 1 giblets

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05118

Chicken, roasting, light meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0		1		2.128	1.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.280	0.156	
17:1.....g									
18:1 undifferentiated.....g	1.260		0		1		1.764	0.983	
20:1.....g	0.030		0		1		0.042	0.023	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0		1		1.302	0.725	
18:2 undifferentiated.....g	0.690		0		1		0.966	0.538	
18:3 undifferentiated.....g	0.030		0		1		0.042	0.023	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.078	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.014	0.008	
22:6 n-3.....g	0.030		0		1		0.042	0.023	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		105	59	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.317		0		1		0.444	0.247	
Threonine.....g	1.146		0		1		1.604	0.894	
Isoleucine.....g	1.433		0		1		2.006	1.118	
Leucine.....g	2.036		0		1		2.850	1.588	
Lysine.....g	2.305		0		1		3.227	1.798	
Methionine.....g	0.751		0		1		1.051	0.586	
Cystine.....g	0.347		0		1		0.486	0.271	
Phenylalanine.....g	1.077		0		1		1.508	0.840	
Tyrosine.....g	0.916		0		1		1.282	0.714	
Valine.....g	1.346		0		1		1.884	1.050	
Arginine.....g	1.637		0		1		2.292	1.277	
Histidine.....g	0.842		0		1		1.179	0.657	
Alanine.....g	1.480		0		1		2.072	1.154	
Aspartic acid.....g	2.418		0		1		3.385	1.886	
Glutamic acid.....g	4.063		0		1		5.688	3.169	
Glycine.....g	1.333		0		1		1.866	1.040	
Proline.....g	1.116		0		1		1.562	0.870	
Serine.....g	0.933		0		1		1.306	0.728	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 78g: 1 unit (yield from 1 lb ready-to-cook chicken)

NDB No. 05118

Chicken, roasting, light meat, meat only, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05117

Chicken, roasting, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.480		0		1		0.475	1.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070	0.025	5		1		0.069	0.154	
17:1.....g									
18:1 undifferentiated.....g	0.400	0.136	5		1		0.396	0.880	
20:1.....g	0.010		1		1		0.010	0.022	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.396	0.880	
18:2 undifferentiated.....g	0.240	0.079	5		1		0.238	0.528	
18:3 undifferentiated.....g	0.010	0.004	5		1		0.010	0.022	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.030	5		1		0.079	0.176	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010		1		1		0.010	0.022	
22:6 n-3.....g	0.020		1		1		0.020	0.044	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		1		56	125	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		1		0.256	0.570	
Threonine.....g	0.938		0		1		0.929	2.064	
Isoleucine.....g	1.172		0		1		1.160	2.578	
Leucine.....g	1.666		0		1		1.649	3.665	
Lysine.....g	1.886		0		1		1.867	4.149	
Methionine.....g	0.614		0		1		0.608	1.351	
Cystine.....g	0.284		0		1		0.281	0.625	
Phenylalanine.....g	0.881		0		1		0.872	1.938	
Tyrosine.....g	0.749		0		1		0.742	1.648	
Valine.....g	1.101		0		1		1.090	2.422	
Arginine.....g	1.339		0		1		1.326	2.946	
Histidine.....g	0.689		0		1		0.682	1.516	
Alanine.....g	1.211		0		1		1.199	2.664	
Aspartic acid.....g	1.978		0		1		1.958	4.352	
Glutamic acid.....g	3.325		0		1		3.292	7.315	
Glycine.....g	1.090		0		1		1.079	2.398	
Proline.....g	0.913		0		1		0.904	2.009	
Serine.....g	0.764		0		1		0.756	1.681	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 220g: .5 chicken, bone and skin removed

NDB No. 05117

Chicken, roasting, light meat, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05110

Chicken, roasting, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.220		0		1		55.958	12.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		7.718	1.692	
17:1.....g									
18:1 undifferentiated.....g	4.300		0		1		46.096	10.105	
20:1.....g	0.130		0		1		1.394	0.306	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.850		0		1		30.552	6.698	
18:2 undifferentiated.....g	2.480		0		1		26.586	5.828	
18:3 undifferentiated.....g	0.110		0		1		1.179	0.259	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		1.286	0.282	
20:5 n-3.....g	0.010		0		1		0.107	0.024	
22:5 n-3.....g	0.020		0		1		0.214	0.047	
22:6 n-3.....g	0.030		0		1		0.322	0.071	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		1008	221	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0		1		2.841	0.623	
Threonine.....g	0.994		0		1		10.656	2.336	
Isoleucine.....g	1.187		0		1		12.725	2.789	
Leucine.....g	1.746		0		1		18.717	4.103	
Lysine.....g	1.925		0		1		20.636	4.524	
Methionine.....g	0.632		0		1		6.775	1.485	
Cystine.....g	0.321		0		1		3.441	0.754	
Phenylalanine.....g	0.938		0		1		10.055	2.204	
Tyrosine.....g	0.767		0		1		8.222	1.802	
Valine.....g	1.166		0		1		12.500	2.740	
Arginine.....g	1.517		0		1		16.262	3.565	
Histidine.....g	0.688		0		1		7.375	1.617	
Alanine.....g	1.390		0		1		14.901	3.267	
Aspartic acid.....g	2.144		0		1		22.984	5.038	
Glutamic acid.....g	3.506		0		1		37.584	8.239	
Glycine.....g	1.578		0		1		16.916	3.708	
Proline.....g	1.188		0		1		12.735	2.792	
Serine.....g	0.862		0		1		9.241	2.026	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 1072g: 1 chicken

Measure 2 = 235g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05109

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	6.390		0		1		96.425		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.860		0		1		12.977		
17:1.....g									
18:1 undifferentiated.....g	5.290		0		1		79.826		
20:1.....g	0.160		0		1		2.414		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.330		0		1		50.250		
18:2 undifferentiated.....g	2.960		0		1		44.666		
18:3 undifferentiated.....g	0.140		0		1		2.113		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		1.509		
20:5 n-3.....g	0.010		0		1		0.151		
22:5 n-3.....g	0.010		0		1		0.151		
22:6 n-3.....g	0.030		0		1		0.453		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		1298		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0		1		2.852		
Threonine.....g	0.709		0		1		10.699		
Isoleucine.....g	0.844		0		1		12.736		
Leucine.....g	1.245		0		1		18.787		
Lysine.....g	1.369		0		1		20.658		
Methionine.....g	0.450		0		1		6.791		
Cystine.....g	0.230		0		1		3.471		
Phenylalanine.....g	0.670		0		1		10.110		
Tyrosine.....g	0.547		0		1		8.254		
Valine.....g	0.831		0		1		12.540		
Arginine.....g	1.085		0		1		16.373		
Histidine.....g	0.489		0		1		7.379		
Alanine.....g	0.993		0		1		14.984		
Aspartic acid.....g	1.530		0		1		23.088		
Glutamic acid.....g	2.500		0		1		37.725		
Glycine.....g	1.136		0		1		17.142		
Proline.....g	0.853		0		1		12.872		
Serine.....g	0.617		0		1		9.311		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 1509g: 1 chicken

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05112

Chicken, roasting, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.400		0		1		11.340	25.920	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		1.554	3.552	
17:1.....g									
18:1 undifferentiated.....g	4.450		0		1		9.345	21.360	
20:1.....g	0.140		0		1		0.294	0.672	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.920		0		1		6.132	14.016	
18:2 undifferentiated.....g	2.550		0		1		5.355	12.240	
18:3 undifferentiated.....g	0.120		0		1		0.252	0.576	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.231	0.528	
20:5 n-3.....g	0.010		0		1		0.021	0.048	
22:5 n-3.....g	0.020		0		1		0.042	0.096	
22:6 n-3.....g	0.030		0		1		0.063	0.144	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		160	365	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.266		0		1		0.559	1.277	
Threonine.....g	0.989		0		1		2.077	4.747	
Isoleucine.....g	1.191		0		1		2.501	5.717	
Leucine.....g	1.739		0		1		3.652	8.347	
Lysine.....g	1.945		0		1		4.085	9.336	
Methionine.....g	0.636		0		1		1.336	3.053	
Cystine.....g	0.320		0		1		0.672	1.536	
Phenylalanine.....g	0.929		0		1		1.951	4.459	
Tyrosine.....g	0.769		0		1		1.615	3.691	
Valine.....g	1.162		0		1		2.440	5.578	
Arginine.....g	1.506		0		1		3.163	7.229	
Histidine.....g	0.701		0		1		1.472	3.365	
Alanine.....g	1.403		0		1		2.946	6.734	
Aspartic acid.....g	2.137		0		1		4.488	10.258	
Glutamic acid.....g	3.497		0		1		7.344	16.786	
Glycine.....g	1.574		0		1		3.305	7.555	
Proline.....g	1.173		0		1		2.463	5.630	
Serine.....g	0.847		0		1		1.779	4.066	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 210g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 480g: .5 chicken, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.640		0		1		19.455	44.355	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		0		1		2.608	5.945	
17:1.....g									
18:1 undifferentiated.....g	5.490		0		1		16.086	36.673	
20:1.....g	0.170		0		1		0.498	1.136	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.400		0		1		9.962	22.712	
18:2 undifferentiated.....g	3.040		0		1		8.907	20.307	
18:3 undifferentiated.....g	0.150		0		1		0.440	1.002	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.234	0.534	
20:5 n-3.....g	0.010		0		1		0.029	0.067	
22:5 n-3.....g	0.010		0		1		0.029	0.067	
22:6 n-3.....g	0.030		0		1		0.088	0.200	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		214	488	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0		1		0.557	1.269	
Threonine.....g	0.706		0		1		2.069	4.716	
Isoleucine.....g	0.851		0		1		2.493	5.685	
Leucine.....g	1.244		0		1		3.645	8.310	
Lysine.....g	1.390		0		1		4.073	9.285	
Methionine.....g	0.454		0		1		1.330	3.033	
Cystine.....g	0.230		0		1		0.674	1.536	
Phenylalanine.....g	0.665		0		1		1.948	4.442	
Tyrosine.....g	0.550		0		1		1.612	3.674	
Valine.....g	0.831		0		1		2.435	5.551	
Arginine.....g	1.078		0		1		3.159	7.201	
Histidine.....g	0.501		0		1		1.468	3.347	
Alanine.....g	1.005		0		1		2.945	6.713	
Aspartic acid.....g	1.529		0		1		4.480	10.214	
Glutamic acid.....g	2.500		0		1		7.325	16.700	
Glycine.....g	1.131		0		1		3.314	7.555	
Proline.....g	0.842		0		1		2.467	5.625	
Serine.....g	0.606		0		1		1.776	4.048	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 293g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 668g: .5 chicken, bone removed

NDB No. 05111

Chicken, roasting, meat and skin, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05114
Chicken, roasting, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		3.500	4.275	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.476	0.581	
17:1.....g									
18:1 undifferentiated.....g	2.080		0		1		2.912	3.557	
20:1.....g	0.040		0		1		0.056	0.068	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.510		0		1		2.114	2.582	
18:2 undifferentiated.....g	1.240		0		1		1.736	2.120	
18:3 undifferentiated.....g	0.060		0		1		0.084	0.103	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.171	
20:5 n-3.....g	0.010		0		1		0.014	0.017	
22:5 n-3.....g	0.020		0		1		0.028	0.034	
22:6 n-3.....g	0.030		0		1		0.042	0.051	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		105	128	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.292		0		1		0.409	0.499	
Threonine.....g	1.056		0		1		1.478	1.806	
Isoleucine.....g	1.321		0		1		1.849	2.259	
Leucine.....g	1.877		0		1		2.628	3.210	
Lysine.....g	2.125		0		1		2.975	3.634	
Methionine.....g	0.693		0		1		0.970	1.185	
Cystine.....g	0.320		0		1		0.448	0.547	
Phenylalanine.....g	0.993		0		1		1.390	1.698	
Tyrosine.....g	0.844		0		1		1.182	1.443	
Valine.....g	1.240		0		1		1.736	2.120	
Arginine.....g	1.509		0		1		2.113	2.580	
Histidine.....g	0.776		0		1		1.086	1.327	
Alanine.....g	1.365		0		1		1.911	2.334	
Aspartic acid.....g	2.229		0		1		3.121	3.812	
Glutamic acid.....g	3.745		0		1		5.243	6.404	
Glycine.....g	1.229		0		1		1.721	2.102	
Proline.....g	1.029		0		1		1.441	1.760	
Serine.....g	0.860		0		1		1.204	1.471	
Hydroxyproline.....g									

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Common Measures:

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

Measure 2 = 171g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05113
Chicken, roasting, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.830		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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
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 = 209g: 1 unit (yield from 1 lb ready-to-cook chicken)
- Measure 2 = 477g: .5 chicken, bone and skin removed

NDB No. 05113

Chicken, roasting, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05132

Chicken, stewing, dark meat, meat only, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.240		0		1		7.336	3.825	
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									

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Common Measures:

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

Measure 2 = 73g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05131

Chicken, stewing, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.520		0		1		2.646	3.881	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370	0.027	24		1		0.389	0.570	
17:1.....g									
18:1 undifferentiated.....g	2.100	0.117	24		1		2.205	3.234	
20:1.....g	0.020	0.006	6		1		0.021	0.031	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.020		0		1		2.121	3.111	
18:2 undifferentiated.....g	1.550	0.084	24		1		1.628	2.387	
18:3 undifferentiated.....g	0.070	0.006	18		1		0.074	0.108	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190	0.036	16		1		0.200	0.293	
20:5 n-3.....g	0.020	0.007	8		1		0.021	0.031	
22:5 n-3.....g	0.040	0.011	9		1		0.042	0.062	
22:6 n-3.....g	0.080	0.023	9		1		0.084	0.123	
Fatty acids, total trans.....g									
Cholesterol.....mg	77	3.341	4		1		81	119	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.242	0.354	
Threonine.....g	0.832		0		1		0.874	1.281	
Isoleucine.....g	1.040		0		1		1.092	1.602	
Leucine.....g	1.478		0		1		1.552	2.276	
Lysine.....g	1.674		0		1		1.758	2.578	
Methionine.....g	0.545		0		1		0.572	0.839	
Cystine.....g	0.252		0		1		0.265	0.388	
Phenylalanine.....g	0.782		0		1		0.821	1.204	
Tyrosine.....g	0.665		0		1		0.698	1.024	
Valine.....g	0.977		0		1		1.026	1.505	
Arginine.....g	1.188		0		1		1.247	1.830	
Histidine.....g	0.611		0		1		0.642	0.941	
Alanine.....g	1.075		0		1		1.129	1.656	
Aspartic acid.....g	1.756		0		1		1.844	2.704	
Glutamic acid.....g	2.950		0		1		3.098	4.543	
Glycine.....g	0.968		0		1		1.016	1.491	
Proline.....g	0.810		0		1		0.851	1.247	
Serine.....g	0.678		0		1		0.712	1.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 154g: .5 chicken, bone and skin removed

NDB No. 05131

Chicken, stewing, dark meat, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05128

Chicken, stewing, giblets, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.422	0.049	
Threonine.....g	1.167		0		1		1.692	0.198	
Isoleucine.....g	1.288		0		1		1.868	0.219	
Leucine.....g	2.046		0		1		2.967	0.348	
Lysine.....g	1.875		0		1		2.719	0.319	
Methionine.....g	0.645		0		1		0.935	0.110	
Cystine.....g	0.342		0		1		0.496	0.058	
Phenylalanine.....g	1.160		0		1		1.682	0.197	
Tyrosine.....g	0.842		0		1		1.221	0.143	
Valine.....g	1.363		0		1		1.976	0.232	
Arginine.....g	1.724		0		1		2.500	0.293	
Histidine.....g	0.596		0		1		0.864	0.101	
Alanine.....g	1.252		0		1		1.815	0.213	
Aspartic acid.....g	2.408		0		1		3.492	0.409	
Glutamic acid.....g	3.928		0		1		5.696	0.668	
Glycine.....g	1.414		0		1		2.050	0.240	
Proline.....g	1.311		0		1		1.901	0.223	
Serine.....g	1.125		0		1		1.631	0.191	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 17g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05127
Chicken, stewing, giblets, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.750		0		1		0.770	2.228	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.087	0.251	
17:1.....g									
18:1 undifferentiated.....g	2.440		0		1		0.683	1.976	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0		1		0.588	1.701	
18:2 undifferentiated.....g	1.550		0		1		0.434	1.256	
18:3 undifferentiated.....g	0.050		0		1		0.014	0.041	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.470		0		1		0.132	0.381	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	240		0		1		67	194	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0		1		0.057	0.164	
Threonine.....g	0.812		0		1		0.227	0.658	
Isoleucine.....g	0.896		0		1		0.251	0.726	
Leucine.....g	1.425		0		1		0.399	1.154	
Lysine.....g	1.306		0		1		0.366	1.058	
Methionine.....g	0.448		0		1		0.125	0.363	
Cystine.....g	0.238		0		1		0.067	0.193	
Phenylalanine.....g	0.807		0		1		0.226	0.654	
Tyrosine.....g	0.586		0		1		0.164	0.475	
Valine.....g	0.949		0		1		0.266	0.769	
Arginine.....g	1.198		0		1		0.335	0.970	
Histidine.....g	0.416		0		1		0.116	0.337	
Alanine.....g	0.874		0		1		0.245	0.708	
Aspartic acid.....g	1.676		0		1		0.469	1.358	
Glutamic acid.....g	2.729		0		1		0.764	2.210	
Glycine.....g	0.983		0		1		0.275	0.796	
Proline.....g	0.912		0		1		0.255	0.739	
Serine.....g	0.782		0		1		0.219	0.633	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 81g: 1 giblets

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05130

Chicken, stewing, light meat, meat only, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.690		0		1		3.766	1.722	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		0.504	0.230	
17:1.....g									
18:1 undifferentiated.....g	2.220		0		1		3.108	1.421	
20:1.....g	0.050		0		1		0.070	0.032	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0		1		2.646	1.210	
18:2 undifferentiated.....g	1.260		0		1		1.764	0.806	
18:3 undifferentiated.....g	0.060		0		1		0.084	0.038	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.290		0		1		0.406	0.186	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.019	
22:6 n-3.....g	0.080		0		1		0.112	0.051	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		98	45	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.386		0		1		0.540	0.247	
Threonine.....g	1.396		0		1		1.954	0.893	
Isoleucine.....g	1.744		0		1		2.442	1.116	
Leucine.....g	2.479		0		1		3.471	1.587	
Lysine.....g	2.807		0		1		3.930	1.796	
Methionine.....g	0.914		0		1		1.280	0.585	
Cystine.....g	0.423		0		1		0.592	0.271	
Phenylalanine.....g	1.311		0		1		1.835	0.839	
Tyrosine.....g	1.115		0		1		1.561	0.714	
Valine.....g	1.639		0		1		2.295	1.049	
Arginine.....g	1.993		0		1		2.790	1.276	
Histidine.....g	1.025		0		1		1.435	0.656	
Alanine.....g	1.803		0		1		2.524	1.154	
Aspartic acid.....g	2.944		0		1		4.122	1.884	
Glutamic acid.....g	4.948		0		1		6.927	3.167	
Glycine.....g	1.623		0		1		2.272	1.039	
Proline.....g	1.359		0		1		1.903	0.870	
Serine.....g	1.136		0		1		1.590	0.727	
Hydroxyproline.....g									

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05129

Chicken, stewing, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.250		0		1		1.113	1.625	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170	0.053	5		1		0.151	0.221	
17:1.....g									
18:1 undifferentiated.....g	1.020	0.269	5		1		0.908	1.326	
20:1.....g	0.020		0		1		0.018	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.040		0		1		0.926	1.352	
18:2 undifferentiated.....g	0.610	0.156	5		1		0.543	0.793	
18:3 undifferentiated.....g	0.030	0.009	5		1		0.027	0.039	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210	0.063	5		1		0.187	0.273	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		1		1		0.018	0.026	
22:6 n-3.....g	0.060		1		1		0.053	0.078	
Fatty acids, total trans.....g									
Cholesterol.....mg	47	1.279	24		1		42	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0		1		0.240	0.351	
Threonine.....g	0.975		0		1		0.868	1.268	
Isoleucine.....g	1.219		0		1		1.085	1.585	
Leucine.....g	1.733		0		1		1.542	2.253	
Lysine.....g	1.962		0		1		1.746	2.551	
Methionine.....g	0.639		0		1		0.569	0.831	
Cystine.....g	0.296		0		1		0.263	0.385	
Phenylalanine.....g	0.916		0		1		0.815	1.191	
Tyrosine.....g	0.780		0		1		0.694	1.014	
Valine.....g	1.145		0		1		1.019	1.489	
Arginine.....g	1.393		0		1		1.240	1.811	
Histidine.....g	0.717		0		1		0.638	0.932	
Alanine.....g	1.260		0		1		1.121	1.638	
Aspartic acid.....g	2.058		0		1		1.832	2.675	
Glutamic acid.....g	3.459		0		1		3.079	4.497	
Glycine.....g	1.134		0		1		1.009	1.474	
Proline.....g	0.950		0		1		0.846	1.235	
Serine.....g	0.794		0		1		0.707	1.032	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 89g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

NDB No. 05129

Chicken, stewing, light meat, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05122

Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed

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,c.....g	0.026		0	PIE	4		0.041	0.052	0.152
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.102		0	PIE	4		0.163	0.206	0.605
18:3 n-6 c,c,c.....g	0.001		0	PIE	4		0.001	0.001	0.003
18:4.....g	0.000		0	PIE	4		0.000	0.000	0.000
20:2 n-6 c,c,c.....g	0.002		0	PIE	4		0.002	0.003	0.009
20:3 undifferentiated.....g	0.000		0	PIE	4		0.000	0.000	0.001
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.116		0	PIE	4		0.185	0.234	0.687
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.009		0	PIE	4		0.015	0.019	0.054
22:5 n-3.....g	0.018		0	PIE	4		0.029	0.037	0.109
22:6 n-3.....g	0.037		0	PIE	4		0.059	0.074	0.218
Fatty acids, total trans.....g	0.008		0	PIE	4		0.013	0.017	0.050
Cholesterol.....mg	107		0	PIE	4		172	217	637
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.262		0	PIE	4		0.420	0.530	1.557
Threonine.....g	0.974		0	PIE	4		1.558	1.967	5.775
Isoleucine.....g	1.174		0	PIE	4		1.878	2.371	6.962
Leucine.....g	1.727		0	PIE	4		2.764	3.489	10.243
Lysine.....g	1.915		0	PIE	4		3.064	3.868	11.356
Methionine.....g	0.625		0	PIE	4		1.001	1.263	3.709
Cystine.....g	0.316		0	PIE	4		0.506	0.638	1.874
Phenylalanine.....g	0.923		0	PIE	4		1.476	1.864	5.472
Tyrosine.....g	0.764		0	PIE	4		1.223	1.544	4.532
Valine.....g	1.152		0	PIE	4		1.843	2.327	6.831
Arginine.....g	1.475		0	PIE	4		2.360	2.979	8.745
Histidine.....g	0.693		0	PIE	4		1.108	1.399	4.107
Alanine.....g	1.370		0	PIE	4		2.191	2.766	8.121
Aspartic acid.....g	2.102		0	PIE	4		3.363	4.246	12.464
Glutamic acid.....g	3.423		0	PIE	4		5.476	6.914	20.297
Glycine.....g	1.497		0	PIE	4		2.396	3.025	8.880
Proline.....g	1.130		0	PIE	4		1.808	2.283	6.701
Serine.....g	0.836		0	PIE	4		1.338	1.690	4.960
Hydroxyproline.....g	0.002		0	PIE	4		0.002	0.003	0.009
Others:									
Alcohol, ethyl.....g	0.0		0	PIE	4		0.0	0.0	0.0
Caffeine.....mg	0		0	PIE	4		0	0	0
Theobromine.....mg	0		0	PIE	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	PIE	4		1.735	2.191	6.431
Carotene, alpha.....mcg	0		0	PIE	4		0.637	0.804	2.362
Cryptoxanthin, beta.....mcg	0		0	PIE	4		0.637	0.804	2.362
Lycopene.....mcg	1		0	PIE	4		1.491	1.883	5.527

NDB No. 05122

Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	3		0	PIE	4		4.758	6.006	17.633

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Common Measures:

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

Measure 2 = 202g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 593g: 1 chicken, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05121

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	7.820		0		1		70.771		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.050		0		1		9.503		
17:1.....g									
18:1 undifferentiated.....g	6.480		0		1		58.644		
20:1.....g	0.180		0		1		1.629		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.270		0		1		38.644		
18:2 undifferentiated.....g	3.690		0		1		33.395		
18:3 undifferentiated.....g	0.170		0		1		1.539		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		1.810		
20:5 n-3.....g	0.010		0		1		0.091		
22:5 n-3.....g	0.020		0		1		0.181		
22:6 n-3.....g	0.050		0		1		0.453		
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		787		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0		1		1.765		
Threonine.....g	0.728		0		1		6.588		
Isoleucine.....g	0.870		0		1		7.874		
Leucine.....g	1.281		0		1		11.593		
Lysine.....g	1.407		0		1		12.733		
Methionine.....g	0.461		0		1		4.172		
Cystine.....g	0.234		0		1		2.118		
Phenylalanine.....g	0.688		0		1		6.226		
Tyrosine.....g	0.563		0		1		5.095		
Valine.....g	0.855		0		1		7.738		
Arginine.....g	1.104		0		1		9.991		
Histidine.....g	0.502		0		1		4.543		
Alanine.....g	1.006		0		1		9.104		
Aspartic acid.....g	1.566		0		1		14.172		
Glutamic acid.....g	2.563		0		1		23.195		
Glycine.....g	1.125		0		1		10.181		
Proline.....g	0.856		0		1		7.747		
Serine.....g	0.631		0		1		5.711		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 905g: 1 chicken

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05124

Chicken, stewing, meat and skin, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.190		0		1		12.798	18.766	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.000		0		1		1.780	2.610	
17:1.....g									
18:1 undifferentiated.....g	5.920		0		1		10.538	15.451	
20:1.....g	0.170		0		1		0.303	0.444	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.230		0		1		7.529	11.040	
18:2 undifferentiated.....g	3.530		0		1		6.283	9.213	
18:3 undifferentiated.....g	0.160		0		1		0.285	0.418	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		1		0.445	0.653	
20:5 n-3.....g	0.020		0		1		0.036	0.052	
22:5 n-3.....g	0.040		0		1		0.071	0.104	
22:6 n-3.....g	0.080		0		1		0.142	0.209	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		141	206	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.301		0		1		0.536	0.786	
Threonine.....g	1.113		0		1		1.981	2.905	
Isoleucine.....g	1.348		0		1		2.399	3.518	
Leucine.....g	1.961		0		1		3.491	5.118	
Lysine.....g	2.197		0		1		3.911	5.734	
Methionine.....g	0.717		0		1		1.276	1.871	
Cystine.....g	0.357		0		1		0.635	0.932	
Phenylalanine.....g	1.046		0		1		1.862	2.730	
Tyrosine.....g	0.869		0		1		1.547	2.268	
Valine.....g	1.307		0		1		2.326	3.411	
Arginine.....g	1.680		0		1		2.990	4.385	
Histidine.....g	0.793		0		1		1.412	2.070	
Alanine.....g	1.559		0		1		2.775	4.069	
Aspartic acid.....g	2.397		0		1		4.267	6.256	
Glutamic acid.....g	3.938		0		1		7.010	10.278	
Glycine.....g	1.702		0		1		3.030	4.442	
Proline.....g	1.286		0		1		2.289	3.356	
Serine.....g	0.946		0		1		1.684	2.469	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

Measure 2 = 261g: .5 chicken, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.240		0		1		22.330	32.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.110		0		1		3.008	4.418	
17:1.....g									
18:1 undifferentiated.....g	6.810		0		1		18.455	27.104	
20:1.....g	0.200		0		1		0.542	0.796	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.440		0		1		12.032	17.671	
18:2 undifferentiated.....g	3.860		0		1		10.461	15.363	
18:3 undifferentiated.....g	0.180		0		1		0.488	0.716	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.461	0.677	
20:5 n-3.....g	0.010		0		1		0.027	0.040	
22:5 n-3.....g	0.030		0		1		0.081	0.119	
22:6 n-3.....g	0.050		0		1		0.136	0.199	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		192	283	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.531	0.780	
Threonine.....g	0.726		0		1		1.967	2.889	
Isoleucine.....g	0.877		0		1		2.377	3.490	
Leucine.....g	1.278		0		1		3.463	5.086	
Lysine.....g	1.431		0		1		3.878	5.695	
Methionine.....g	0.467		0		1		1.266	1.859	
Cystine.....g	0.234		0		1		0.634	0.931	
Phenylalanine.....g	0.682		0		1		1.848	2.714	
Tyrosine.....g	0.566		0		1		1.534	2.253	
Valine.....g	0.853		0		1		2.312	3.395	
Arginine.....g	1.099		0		1		2.978	4.374	
Histidine.....g	0.517		0		1		1.401	2.058	
Alanine.....g	1.021		0		1		2.767	4.064	
Aspartic acid.....g	1.565		0		1		4.241	6.229	
Glutamic acid.....g	2.568		0		1		6.959	10.221	
Glycine.....g	1.126		0		1		3.051	4.481	
Proline.....g	0.846		0		1		2.293	3.367	
Serine.....g	0.619		0		1		1.677	2.464	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.356		0		1		0.498	0.488	
Threonine.....g	1.285		0		1		1.799	1.760	
Isoleucine.....g	1.606		0		1		2.248	2.200	
Leucine.....g	2.283		0		1		3.196	3.128	
Lysine.....g	2.585		0		1		3.619	3.541	
Methionine.....g	0.842		0		1		1.179	1.154	
Cystine.....g	0.389		0		1		0.545	0.533	
Phenylalanine.....g	1.207		0		1		1.690	1.654	
Tyrosine.....g	1.027		0		1		1.438	1.407	
Valine.....g	1.509		0		1		2.113	2.067	
Arginine.....g	1.835		0		1		2.569	2.514	
Histidine.....g	0.944		0		1		1.322	1.293	
Alanine.....g	1.660		0		1		2.324	2.274	
Aspartic acid.....g	2.711		0		1		3.795	3.714	
Glutamic acid.....g	4.556		0		1		6.378	6.242	
Glycine.....g	1.494		0		1		2.092	2.047	
Proline.....g	1.251		0		1		1.751	1.714	
Serine.....g	1.046		0		1		1.464	1.433	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 137g: 1 unit (yield from 1 lb ready-to-cook chicken)

NDB No. 05126

Chicken, stewing, meat only, cooked, stewed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05125

Chicken, stewing, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.940		0		1		3.764	5.510	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.543	0.795	
17:1.....g									
18:1 undifferentiated.....g	1.600		0		1		3.104	4.544	
20:1.....g	0.020		0		1		0.039	0.057	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.570		0		1		3.046	4.459	
18:2 undifferentiated.....g	1.120		0		1		2.173	3.181	
18:3 undifferentiated.....g	0.050		0		1		0.097	0.142	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.388	0.568	
20:5 n-3.....g	0.010		0		1		0.019	0.028	
22:5 n-3.....g	0.030		0		1		0.058	0.085	
22:6 n-3.....g	0.070		0		1		0.136	0.199	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		122	179	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.481	0.704	
Threonine.....g	0.898		0		1		1.742	2.550	
Isoleucine.....g	1.122		0		1		2.177	3.186	
Leucine.....g	1.595		0		1		3.094	4.530	
Lysine.....g	1.806		0		1		3.504	5.129	
Methionine.....g	0.588		0		1		1.141	1.670	
Cystine.....g	0.272		0		1		0.528	0.772	
Phenylalanine.....g	0.844		0		1		1.637	2.397	
Tyrosine.....g	0.718		0		1		1.393	2.039	
Valine.....g	1.054		0		1		2.045	2.993	
Arginine.....g	1.282		0		1		2.487	3.641	
Histidine.....g	0.660		0		1		1.280	1.874	
Alanine.....g	1.160		0		1		2.250	3.294	
Aspartic acid.....g	1.895		0		1		3.676	5.382	
Glutamic acid.....g	3.184		0		1		6.177	9.043	
Glycine.....g	1.044		0		1		2.025	2.965	
Proline.....g	0.874		0		1		1.696	2.482	
Serine.....g	0.731		0		1		1.418	2.076	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 194g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 284g: .5 chicken, bone and skin removed

NDB No. 05125

Chicken, stewing, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 43287
Dove, cooked (includes squab)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

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

NDB No. 05143
Duck, domesticated, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.710		0		1		0.312	0.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050	0.021	4		1		0.022	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.650	0.152	4		1		0.286	0.065	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.277	0.063	
18:2 undifferentiated.....g	0.370	0.092	4		1		0.163	0.037	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260	0.130	4		1		0.114	0.026	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	515	144.776	3		1		227	52	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.116	0.026	
Threonine.....g	0.833		0		1		0.367	0.083	
Isoleucine.....g	0.995		0		1		0.438	0.100	
Leucine.....g	1.691		0		1		0.744	0.169	
Lysine.....g	1.418		0		1		0.624	0.142	
Methionine.....g	0.444		0		1		0.195	0.044	
Cystine.....g	0.252		0		1		0.111	0.025	
Phenylalanine.....g	0.932		0		1		0.410	0.093	
Tyrosine.....g	0.660		0		1		0.290	0.066	
Valine.....g	1.181		0		1		0.520	0.118	
Arginine.....g	1.148		0		1		0.505	0.115	
Histidine.....g	0.498		0		1		0.219	0.050	
Alanine.....g	1.088		0		1		0.479	0.109	
Aspartic acid.....g	1.781		0		1		0.784	0.178	
Glutamic acid.....g	2.428		0		1		1.068	0.243	
Glycine.....g	1.088		0		1		0.479	0.109	
Proline.....g	0.929		0		1		0.409	0.093	
Serine.....g	0.806		0		1		0.355	0.081	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 16 (2003)

NDB No. 05140

Duck, domesticated, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.900		0		1		18.060	22.317	49.278
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.110		0		1		1.554	1.920	4.240
17:1.....g									
18:1 undifferentiated.....g	11.520		0		1		16.128	19.930	44.006
20:1.....g	0.260		0		1		0.364	0.450	0.993
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.650		0		1		5.110	6.315	13.943
18:2 undifferentiated.....g	3.360		0		1		4.704	5.813	12.835
18:3 undifferentiated.....g	0.290		0		1		0.406	0.502	1.108
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		118	145	321
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.232		0		1		0.325	0.401	0.886
Threonine.....g	0.773		0		1		1.082	1.337	2.953
Isoleucine.....g	0.872		0		1		1.221	1.509	3.331
Leucine.....g	1.465		0		1		2.051	2.534	5.596
Lysine.....g	1.486		0		1		2.080	2.571	5.677
Methionine.....g	0.475		0		1		0.665	0.822	1.815
Cystine.....g	0.299		0		1		0.419	0.517	1.142
Phenylalanine.....g	0.752		0		1		1.053	1.301	2.873
Tyrosine.....g	0.640		0		1		0.896	1.107	2.445
Valine.....g	0.938		0		1		1.313	1.623	3.583
Arginine.....g	1.284		0		1		1.798	2.221	4.905
Histidine.....g	0.462		0		1		0.647	0.799	1.765
Alanine.....g	1.300		0		1		1.820	2.249	4.966
Aspartic acid.....g	1.814		0		1		2.540	3.138	6.929
Glutamic acid.....g	2.798		0		1		3.917	4.841	10.688
Glycine.....g	1.624		0		1		2.274	2.810	6.204
Proline.....g	1.172		0		1		1.641	2.028	4.477
Serine.....g	0.804		0		1		1.126	1.391	3.071
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

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

Measure 2 = 173g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 382g: .5 duck

NDB No. 05140

Duck, domesticated, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05139

Duck, domesticated, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.144		0		1		0.413	0.913	
Threonine.....g	0.471		0		1		1.352	2.986	
Isoleucine.....g	0.537		0		1		1.541	3.405	
Leucine.....g	0.900		0		1		2.583	5.706	
Lysine.....g	0.912		0		1		2.617	5.782	
Methionine.....g	0.291		0		1		0.835	1.845	
Cystine.....g	0.180		0		1		0.517	1.141	
Phenylalanine.....g	0.459		0		1		1.317	2.910	
Tyrosine.....g	0.395		0		1		1.134	2.504	
Valine.....g	0.573		0		1		1.645	3.633	
Arginine.....g	0.770		0		1		2.210	4.882	
Histidine.....g	0.283		0		1		0.812	1.794	
Alanine.....g	0.777		0		1		2.230	4.926	
Aspartic acid.....g	1.102		0		1		3.163	6.987	
Glutamic acid.....g	1.709		0		1		4.905	10.835	
Glycine.....g	0.928		0		1		2.663	5.884	
Proline.....g	0.686		0		1		1.969	4.349	
Serine.....g	0.488		0		1		1.401	3.094	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 287g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 634g: .5 duck

NDB No. 05139

Duck, domesticated, meat and skin, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

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

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Common Measures:

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

Measure 2 = 100g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 221g: .5 duck

NDB No. 05142

Duck, domesticated, meat only, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05141

Duck, domesticated, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.540		0		1		2.110	4.666	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		1		1		0.301	0.667	
17:1.....g									
18:1 undifferentiated.....g	1.320		1		1		1.808	4.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.028	2.273	
18:2 undifferentiated.....g	0.670		1		1		0.918	2.030	
18:3 undifferentiated.....g	0.080		1		1		0.110	0.242	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		1		1		105	233	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.348	0.770	
Threonine.....g	0.781		0		1		1.070	2.366	
Isoleucine.....g	0.939		0		1		1.286	2.845	
Leucine.....g	1.544		0		1		2.115	4.678	
Lysine.....g	1.564		0		1		2.143	4.739	
Methionine.....g	0.494		0		1		0.677	1.497	
Cystine.....g	0.281		0		1		0.385	0.851	
Phenylalanine.....g	0.766		0		1		1.049	2.321	
Tyrosine.....g	0.696		0		1		0.954	2.109	
Valine.....g	0.956		0		1		1.310	2.897	
Arginine.....g	1.166		0		1		1.597	3.533	
Histidine.....g	0.483		0		1		0.662	1.463	
Alanine.....g	1.158		0		1		1.586	3.509	
Aspartic acid.....g	1.790		0		1		2.452	5.424	
Glutamic acid.....g	2.860		0		1		3.918	8.666	
Glycine.....g	1.024		0		1		1.403	3.103	
Proline.....g	0.898		0		1		1.230	2.721	
Serine.....g	0.787		0		1		1.078	2.385	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 303g: .5 duck

NDB No. 05141

Duck, domesticated, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05145
Duck, wild, breast, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.210		0		1		0.883	1.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		1		1		0.124	0.141	
17:1.....g									
18:1 undifferentiated.....g	1.030		1		1		0.752	0.855	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		0.423	0.481	
18:2 undifferentiated.....g	0.510		1		1		0.372	0.423	
18:3 undifferentiated.....g	0.070		1		1		0.051	0.058	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		4		56	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.276		0		1		0.201	0.229	
Threonine.....g	0.848		0		1		0.619	0.704	
Isoleucine.....g	1.019		0		1		0.744	0.846	
Leucine.....g	1.677		0		1		1.224	1.392	
Lysine.....g	1.699		0		1		1.240	1.410	
Methionine.....g	0.537		0		1		0.392	0.446	
Cystine.....g	0.305		0		1		0.223	0.253	
Phenylalanine.....g	0.832		0		1		0.607	0.691	
Tyrosine.....g	0.756		0		1		0.552	0.627	
Valine.....g	1.039		0		1		0.758	0.862	
Arginine.....g	1.267		0		1		0.925	1.052	
Histidine.....g	0.524		0		1		0.383	0.435	
Alanine.....g	1.258		0		1		0.918	1.044	
Aspartic acid.....g	1.944		0		1		1.419	1.614	
Glutamic acid.....g	3.106		0		1		2.267	2.578	
Glycine.....g	1.112		0		1		0.812	0.923	
Proline.....g	0.975		0		1		0.712	0.809	
Serine.....g	0.854		0		1		0.623	0.709	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 73g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 83g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05144
Duck, wild, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	6.800		0		1		16.252	18.360	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.610		0		1		1.458	1.647	
17:1.....g									
18:1 undifferentiated.....g	6.060		0		1		14.483	16.362	
20:1.....g	0.130		0		1		0.311	0.351	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.020		0		1		4.828	5.454	
18:2 undifferentiated.....g	1.850		0		1		4.422	4.995	
18:3 undifferentiated.....g	0.170		0		1		0.406	0.459	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1		1		191	216	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.566	0.640	
Threonine.....g	0.738		0		1		1.764	1.993	
Isoleucine.....g	0.878		0		1		2.098	2.371	
Leucine.....g	1.449		0		1		3.463	3.912	
Lysine.....g	1.468		0		1		3.509	3.964	
Methionine.....g	0.465		0		1		1.111	1.256	
Cystine.....g	0.269		0		1		0.643	0.726	
Phenylalanine.....g	0.723		0		1		1.728	1.952	
Tyrosine.....g	0.650		0		1		1.554	1.755	
Valine.....g	0.902		0		1		2.156	2.435	
Arginine.....g	1.124		0		1		2.686	3.035	
Histidine.....g	0.454		0		1		1.085	1.226	
Alanine.....g	1.119		0		1		2.674	3.021	
Aspartic acid.....g	1.698		0		1		4.058	4.585	
Glutamic acid.....g	2.697		0		1		6.446	7.282	
Glycine.....g	1.066		0		1		2.548	2.878	
Proline.....g	0.894		0		1		2.137	2.414	
Serine.....g	0.748		0		1		1.788	2.020	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook duck)
 Measure 2 = 270g: .5 duck

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.420		2	A	1		0.235	0.357	0.504
17:1.....g									
18:1 undifferentiated.....g	4.939		2	A	1		2.766	4.198	5.927
20:1.....g	0.059		2	A	1		0.033	0.050	0.071
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.632		0		1		0.914	1.387	1.958
18:2 undifferentiated.....g	1.496		2	A	1		0.838	1.272	1.795
18:3 undifferentiated.....g	0.070		2	A	1		0.039	0.060	0.084
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.066		2	A	1		0.037	0.056	0.079
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol (3).....mg	136		2	A	1		76	116	163
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.337		0		1		0.189	0.286	0.404
Threonine.....g	1.039		0		1		0.582	0.883	1.247
Isoleucine.....g	1.247		0		1		0.698	1.060	1.496
Leucine.....g	2.050		0		1		1.148	1.743	2.460
Lysine.....g	2.078		0		1		1.164	1.766	2.494
Methionine.....g	0.655		0		1		0.367	0.557	0.786
Cystine.....g	0.372		0		1		0.208	0.316	0.446
Phenylalanine.....g	1.019		0		1		0.571	0.866	1.223
Tyrosine.....g	0.925		0		1		0.518	0.786	1.110
Valine.....g	1.270		0		1		0.711	1.080	1.524
Arginine.....g	1.548		0		1		0.867	1.316	1.858
Histidine.....g	0.643		0		1		0.360	0.547	0.772
Alanine.....g	1.537		0		1		0.861	1.306	1.844
Aspartic acid.....g	2.379		0		1		1.332	2.022	2.855
Glutamic acid.....g	3.798		0		1		2.127	3.228	4.558
Glycine.....g	1.360		0		1		0.762	1.156	1.632
Proline.....g	1.192		0		1		0.668	1.013	1.430
Serine.....g	1.047		0		1		0.586	0.890	1.256
Hydroxyproline.....g									

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Common Measures:

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

Measure 2 = 85g: 3 oz

Measure 3 = 120g: .5 breast, bone removed

Footnotes

- 1 Pieces, skin side down, seared 13 minutes; roasted at 350 degrees F, 17 minutes to 165 degrees F
- 2 Data from the Duckling Council and a USDA contract
- 3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate

Food Group: 05 Poultry Products

NDB No. 05316

Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.066		2	A	1		0.115	0.029	0.063
17:1.....g									
18:1 undifferentiated.....g	0.792		2	A	1		1.378	0.348	0.752
20:1.....g	0.010		2	A	1		0.017	0.004	0.010
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.378		0		1		0.658	0.166	0.359
18:2 undifferentiated.....g	0.302		2	A	1		0.525	0.133	0.287
18:3 undifferentiated.....g	0.012		2	A	1		0.021	0.005	0.011
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.064		2	A	1		0.111	0.028	0.061
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol (3).....mg	143	4.600	8	A	1		249	63	136
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.380		0		1		0.661	0.167	0.361
Threonine.....g	1.170		0		1		2.036	0.515	1.112
Isoleucine.....g	1.404		0		1		2.443	0.618	1.334
Leucine.....g	2.310		0		1		4.019	1.016	2.195
Lysine.....g	2.340		0		1		4.072	1.030	2.223
Methionine.....g	0.737		0		1		1.282	0.324	0.700
Cystine.....g	0.420		0		1		0.731	0.185	0.399
Phenylalanine.....g	1.148		0		1		1.998	0.505	1.091
Tyrosine.....g	1.042		0		1		1.813	0.458	0.990
Valine.....g	1.431		0		1		2.490	0.630	1.359
Arginine.....g	1.744		0		1		3.035	0.767	1.657
Histidine.....g	0.724		0		1		1.260	0.319	0.688
Alanine.....g	1.731		0		1		3.012	0.762	1.644
Aspartic acid.....g	2.681		0		1		4.665	1.180	2.547
Glutamic acid.....g	4.279		0		1		7.445	1.883	4.065
Glycine.....g	1.532		0		1		2.666	0.674	1.455
Proline.....g	1.342		0		1		2.335	0.590	1.275
Serine.....g	1.179		0		1		2.051	0.519	1.120
Hydroxyproline.....g									

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

Common Measures:

- Measure 1 = 174g: 1 cup, chopped or diced
- Measure 2 = 44g: 1 unit (yield from 1 lb ready-to-cook duck)
- Measure 3 = 95g: .5 breast, bone and skin removed

Footnotes

- 1 Skinless pieces, charbroiled 12 minutes to 165 degrees F
- 2 Data from the Duckling Council and a USDA contract
- 3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate

Food Group: 05 Poultry Products

NDB No. 05317

Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.440		2	A	1		0.405	0.189	0.374
17:1.....g									
18:1 undifferentiated.....g	5.109		2	A	1		4.700	2.197	4.343
20:1.....g	0.058		2	A	1		0.053	0.025	0.049
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.896		0		1		1.744	0.815	1.612
18:2 undifferentiated.....g	1.748		2	A	1		1.608	0.752	1.486
18:3 undifferentiated.....g	0.083		2	A	1		0.076	0.036	0.071
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.065		2	A	1		0.060	0.028	0.055
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol (3).....mg	114		2	A	1		105	49	97
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.368		0		1		0.339	0.158	0.313
Threonine.....g	1.134		0		1		1.043	0.488	0.964
Isoleucine.....g	1.361		0		1		1.252	0.585	1.157
Leucine.....g	2.238		0		1		2.059	0.962	1.902
Lysine.....g	2.268		0		1		2.087	0.975	1.928
Methionine.....g	0.715		0		1		0.658	0.307	0.608
Cystine.....g	0.407		0		1		0.374	0.175	0.346
Phenylalanine.....g	1.113		0		1		1.024	0.479	0.946
Tyrosine.....g	1.010		0		1		0.929	0.434	0.859
Valine.....g	1.387		0		1		1.276	0.596	1.179
Arginine.....g	1.691		0		1		1.556	0.727	1.437
Histidine.....g	0.702		0		1		0.646	0.302	0.597
Alanine.....g	1.678		0		1		1.544	0.722	1.426
Aspartic acid.....g	2.598		0		1		2.390	1.117	2.208
Glutamic acid.....g	4.147		0		1		3.815	1.783	3.525
Glycine.....g	1.485		0		1		1.366	0.639	1.262
Proline.....g	1.301		0		1		1.197	0.559	1.106
Serine.....g	1.143		0		1		1.052	0.491	0.972
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 92g: 1 leg, bone removed (yield after cooking)

Measure 2 = 43g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 85g: 3 oz

Footnotes

- 1 Pieces with skin, seared 13 minutes, roasted at 350 degrees F, 60 minutes to 185 degrees F
- 2 Data from the Duckling Council and a USDA contract
- 3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate

Food Group: 05 Poultry Products

NDB No. 05318

Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.216		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									

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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 16 (2003)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.917		0	NC	4		3.611	0.779	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.074		0	BFFN	4		0.294	0.063	
17:1.....g	0.000		0	BFFN	4		0.002	0.000	
18:1 undifferentiated.....g	0.835		0	BFFN	4		3.289	0.710	
20:1.....g	0.007		0	BFFN	4		0.027	0.006	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0	NC	4		1.252	0.270	
18:2 undifferentiated.....g	0.238		0	BFFN	4		0.937	0.202	
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.048	0.010	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g	0.004		0	BFFN	4		0.015	0.003	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.064		0	BFFN	4		0.251	0.054	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82	1.800	3	A	1		325	70	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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	
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
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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NDB No. 05624

Emu, fan fillet, cooked, broiled

Common Measures:

Measure 1 = 394g: 1 steak

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05623
Emu, fan fillet, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.319		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									
<u>Amino Acids:</u>									
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	
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
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 = 513g: 1 fan fillet

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

NDB No. 05623
Emu, fan fillet, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.295		0	NC	4		1.044		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.024		0	BFFN	4		0.085		
17:1.....g	0.000		0	BFFN	4		0.001		
18:1 undifferentiated.....g	0.269		0	BFFN	4		0.951		
20:1.....g	0.002		0	BFFN	4		0.008		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0	NC	4		0.362		
18:2 undifferentiated.....g	0.077		0	BFFN	4		0.271		
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.014		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.001		0	BFFN	4		0.004		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.073		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		6	A	1		251		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	A	1		0.520		
Threonine.....g	0.638		0	A	1		2.258		
Isoleucine.....g	0.723		0	A	1		2.560		
Leucine.....g	1.228		0	A	1		4.349		
Lysine.....g	1.309		0	A	1		4.635		
Methionine.....g	0.422		0	A	1		1.494		
Cystine.....g	0.161		0	A	1		0.569		
Phenylalanine.....g	0.635		0	A	1		2.247		
Tyrosine.....g	0.475		0	A	1		1.681		
Valine.....g	0.741		0	A	1		2.623		
Arginine.....g	1.001		0	A	1		3.545		
Histidine.....g	0.487		0	A	1		1.725		
Alanine.....g	0.865		0	A	1		3.062		
Aspartic acid.....g	1.936		0	A	1		6.853		
Glutamic acid.....g	2.172		0	A	1		7.690		
Glycine.....g	0.700		0	A	1		2.479		
Proline.....g	0.902		0	A	1		3.192		
Serine.....g	0.529		0	A	1		1.874		
Hydroxyproline.....g	0.146		0	A	1		0.515		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

NDB No. 05625

Emu, flat fillet, raw

Common Measures:

Measure 1 = 354g: 1 flat fillet

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05627

Emu, full rump, cooked, broiled

Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.97	0.800	20	A	1		307.37	52.67	
Energy.....kcal	168		0	NC	4		833	143	
Energy.....kj	703		0	NC	4		3485	597	
Protein (N x 6.25).....g	33.67	0.340	20	A	1		167.00	28.62	
Total lipid (fat).....g	2.68	0.160	20	A	1		13.29	2.28	
Ash.....g	1.35	0.060	20	A	1		6.70	1.15	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	0.410	20	A	1		35	6	
Iron, Fe.....mg	6.89	0.230	20	A	1		34.17	5.86	
Magnesium, Mg.....mg	34		0	BFNN	4		171	29	
Phosphorus, P.....mg	323		0	BFNN	4		1600	274	
Potassium, K.....mg	324	16.070	20	A	1		1607	275	
Sodium, Na.....mg	110	4.140	20	A	1		546	94	
Zinc, Zn.....mg	4.32	0.160	20	A	1		21.43	3.67	
Copper, Cu.....mg	0.285		0	BFNN	4		1.415	0.242	
Manganese, Mn.....mg	0.036		0	BFNN	4		0.176	0.030	
Selenium, Se.....mcg	52.1		0	BFNN	4		258.4	44.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		5	A	1		0.0	0.0	
Thiamin.....mg	0.430		5	A	1		2.133	0.366	
Riboflavin.....mg	0.645		0	BFPN	4		3.201	0.549	
Niacin.....mg	10.569		0	BFPN	4		52.421	8.983	
Pantothenic acid.....mg	3.647		0	BFPN	4		18.090	3.100	
Vitamin B-6.....mg	0.987		0	BFPN	4		4.895	0.839	
Folate, total.....mcg	10		0	BFPN	4		51	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	BFPN	4		51	9	
Folate, DFE.....mcg_DFE	10		0	NC	4		51	9	
Vitamin B-12.....mcg	2.20		5	A	1		10.91	1.87	
Vitamin A, IU.....IU	11		0	AS	1		53	9	
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		16	3	
Retinol.....mcg	3		5	A	1		16	3	
Vitamin E (alpha-tocopherol).....mg	0.26		0	BFSN	4		1.31	0.22	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.870		0	NC	4		4.313	0.739	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.015		5	A	1		0.076	0.013	
15:0.....g	0.003		5	A	1		0.013	0.002	
16:0.....g	0.595		5	A	1		2.951	0.506	
17:0.....g	0.013		5	A	1		0.063	0.011	
18:0.....g	0.218		5	A	1		1.082	0.185	
20:0.....g	0.008		5	A	1		0.038	0.007	
22:0.....g	0.005		5	A	1		0.026	0.004	
24:0.....g	0.013		5	A	1		0.064	0.011	

NDB No. 05627

Emu, full rump, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.079		0	NC	4		5.353	0.917	
14:1.....g	0.005		5	A	1		0.025	0.004	
15:1.....g									
16:1 undifferentiated.....g	0.117		5	A	1		0.582	0.100	
17:1.....g	0.005		5	A	1		0.025	0.004	
18:1 undifferentiated.....g	0.928		5	A	1		4.605	0.789	
20:1.....g	0.023		5	A	1		0.115	0.020	
22:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.613		0	NC	4		3.041	0.521	
18:2 undifferentiated.....g	0.503		5	A	1		2.493	0.427	
18:3 undifferentiated.....g	0.044		5	A	1		0.216	0.037	
18:4.....g									
20:2 n-6 c,c.....g	0.003		5	A	1		0.013	0.002	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		5	A	1		0.191	0.033	
20:5 n-3.....g	0.010		5	A	1		0.051	0.009	
22:5 n-3.....g									
22:6 n-3.....g	0.015		5	A	1		0.077	0.013	
Fatty acids, total trans.....g									
Cholesterol.....mg	129	8.590	20	A	1		640	110	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0	A	1		1.104	0.189	
Threonine.....g	0.965		0	A	1		4.788	0.820	
Isoleucine.....g	1.094		0	A	1		5.427	0.930	
Leucine.....g	1.859		0	A	1		9.220	1.580	
Lysine.....g	1.981		0	A	1		9.828	1.684	
Methionine.....g	0.638		0	A	1		3.167	0.543	
Cystine.....g	0.243		0	A	1		1.206	0.207	
Phenylalanine.....g	0.961		0	A	1		4.765	0.817	
Tyrosine.....g	0.718		0	A	1		3.563	0.611	
Valine.....g	1.121		0	A	1		5.561	0.953	
Arginine.....g	1.516		0	A	1		7.517	1.288	
Histidine.....g	0.737		0	A	1		3.657	0.627	
Alanine.....g	1.309		0	A	1		6.493	1.113	
Aspartic acid.....g	2.930		0	A	1		14.531	2.490	
Glutamic acid.....g	3.287		0	A	1		16.305	2.794	
Glycine.....g	1.060		0	A	1		5.257	0.901	
Proline.....g	1.364		0	A	1		6.768	1.160	
Serine.....g	0.801		0	A	1		3.973	0.681	
Hydroxyproline.....g	0.220		0	A	1		1.092	0.187	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 496g: 1 full rump cooked (yield from 695 g raw meat)

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

NDB No. 05627

Emu, full rump, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05626
Emu, full rump, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.79	0.285	26	A	1		512.81		
Energy.....kcal	112		0	NC	4		780		
Energy.....kj	469		0	NC	4		3263		
Protein (N x 6.25).....g	22.83	0.525	26	A	1		158.63		
Total lipid (fat).....g	1.64	0.395	26	A	1		11.36		
Ash.....g	1.14	0.015	26	A	1		7.89		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	1.265	26	A	1		30		
Iron, Fe.....mg	4.96	0.455	26	A	1		34.44		
Magnesium, Mg.....mg	40		6	A	1		278		
Phosphorus, P.....mg	236		0	BFNN	4		1642		
Potassium, K.....mg	330	10.000	26	A	1		2294		
Sodium, Na.....mg	90	0.350	26	A	1		623		
Zinc, Zn.....mg	3.59	0.415	26	A	1		24.92		
Copper, Cu.....mg	0.211		0	BFNN	4		1.469		
Manganese, Mn.....mg	0.029		0	BFNN	4		0.201		
Selenium, Se.....mcg	32.5		0	BFNN	4		225.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		14	A	1		0.0		
Thiamin.....mg	0.360		14	A	1		2.502		
Riboflavin.....mg	0.458		0	BFPN	4		3.182		
Niacin.....mg	7.504		0	BFPN	4		52.154		
Pantothenic acid.....mg	2.747		0	BFPN	4		19.092		
Vitamin B-6.....mg	0.643		0	BFPN	4		4.471		
Folate, total.....mcg	13		0	BFPN	4		89		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0	BFPN	4		89		
Folate, DFE.....mcg_DFE	13		0	NC	4		89		
Vitamin B-12.....mcg	2.24		14	A	1		15.57		
Vitamin A, IU.....IU	15		14	A	1		103		
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		31		
Retinol.....mcg	4		14	A	1		31		
Vitamin E (alpha-tocopherol).....mg	0.23		0	BFSN	4		1.60		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.672		0	NC	4		4.670		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.012		14	A	1		0.080		
15:0.....g	0.004		14	A	1		0.027		
16:0.....g	0.484		14	A	1		3.361		
17:0.....g	0.008		14	A	1		0.054		
18:0.....g	0.155		14	A	1		1.080		
20:0.....g	0.004		14	A	1		0.027		
22:0.....g	0.002		14	A	1		0.014		
24:0.....g	0.004		14	A	1		0.027		

NDB No. 05626
Emu, full rump, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.773		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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

Measure 1 = 695g: 1 full rump

NDB No. 05626
Emu, full rump, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.953		0	NC	4		2.129	1.660	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.159	0.079	3	A	1		0.173	0.135	
17:1.....g	0.001	0.001	3	A	1		0.001	0.001	
18:1 undifferentiated.....g	1.779	0.682	3	A	1		1.939	1.512	
20:1.....g	0.014	0.003	3	A	1		0.016	0.012	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.677		0	NC	4		0.738	0.576	
18:2 undifferentiated.....g	0.507	0.070	3	A	1		0.553	0.431	
18:3 undifferentiated.....g	0.026	0.011	3	A	1		0.028	0.022	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.002	3	A	1		0.009	0.007	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.136	0.014	3	A	1		0.148	0.116	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.153		0	BFFN	4		0.167	0.130	
Cholesterol.....mg	87	1.103	6	A	1		95	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		0	A	1		0.205	0.160	
Threonine.....g	0.815		0	A	1		0.889	0.693	
Isoleucine.....g	0.924		0	A	1		1.007	0.785	
Leucine.....g	1.570		0	A	1		1.711	1.334	
Lysine.....g	1.673		0	A	1		1.824	1.422	
Methionine.....g	0.539		0	A	1		0.588	0.458	
Cystine.....g	0.205		0	A	1		0.224	0.175	
Phenylalanine.....g	0.811		0	A	1		0.884	0.690	
Tyrosine.....g	0.607		0	A	1		0.661	0.516	
Valine.....g	0.947		0	A	1		1.032	0.805	
Arginine.....g	1.280		0	A	1		1.395	1.088	
Histidine.....g	0.623		0	A	1		0.679	0.529	
Alanine.....g	1.105		0	A	1		1.205	0.940	
Aspartic acid.....g	2.474		0	A	1		2.697	2.103	
Glutamic acid.....g	2.776		0	A	1		3.026	2.360	
Glycine.....g	0.895		0	A	1		0.976	0.761	
Proline.....g	1.152		0	A	1		1.256	0.979	
Serine.....g	0.676		0	A	1		0.737	0.575	
Hydroxyproline.....g	0.186		0	A	1		0.203	0.158	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

NDB No. 05622

Emu, ground, cooked, pan-broiled

Common Measures:

Measure 1 = 109g: 1 patty (yield from 135.8 g raw meat)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05621
Emu, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.607		0	NC	4		1.881		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.131		0	BFFN	4		0.153		
17:1.....g	0.001		0	BFFN	4		0.001		
18:1 undifferentiated.....g	1.464		0	BFFN	4		1.713		
20:1.....g	0.012		0	BFFN	4		0.014		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.557		0	NC	4		0.652		
18:2 undifferentiated.....g	0.417		0	BFFN	4		0.488		
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.025		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.007		0	BFFN	4		0.008		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.112		0	BFFN	4		0.131		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	BFYN	4		81		
Phytosterols.....mg									
<u>Amino Acids:</u>									
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		
<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. 05621

Emu, ground, raw

Common Measures:

Measure 1 = 117g: 1 patty

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05628
Emu, inside drum, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.73	0.045	25	A	1		427.43		
Energy.....kcal	108		0	NC	4		619		
Energy.....kj	453		0	NC	4		2591		
Protein (N x 6.25).....g	22.22	0.045	25	A	1		127.07		
Total lipid (fat).....g	1.49	0.345	25	A	1		8.49		
Ash.....g	1.15	0.095	25	A	1		6.55		
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	1.095	25	A	1		23		
Iron, Fe.....mg	5.23	0.225	25	A	1		29.89		
Magnesium, Mg.....mg	26		6	A	1		149		
Phosphorus, P.....mg	229		0	BFNN	4		1308		
Potassium, K.....mg	318	2.500	25	A	1		1816		
Sodium, Na.....mg	102	8.000	25	A	1		583		
Zinc, Zn.....mg	4.33	0.675	25	A	1		24.74		
Copper, Cu.....mg	0.205		0	BFNN	4		1.170		
Manganese, Mn.....mg	0.028		0	BFNN	4		0.160		
Selenium, Se.....mcg	31.4		0	BFNN	4		179.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		14	A	1		0.0		
Thiamin.....mg	0.420		14	A	1		2.402		
Riboflavin.....mg	0.446		0	BFPN	4		2.549		
Niacin.....mg	7.304		0	BFPN	4		41.777		
Pantothenic acid.....mg	2.674		0	BFPN	4		15.293		
Vitamin B-6.....mg	0.626		0	BFPN	4		3.581		
Folate, total.....mcg	12		0	BFPN	4		71		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	12		0	BFPN	4		71		
Folate, DFE.....mcg_DFE	12		0	NC	4		71		
Vitamin B-12.....mcg	2.26		14	A	1		12.93		
Vitamin A, IU.....IU	17		14	A	1		97		
Vitamin A, RAE.....mcg_RAE	5		0	AS	1		29		
Retinol.....mcg	5		14	A	1		29		
Vitamin E (alpha-tocopherol).....mg	0.22		0	BFSN	4		1.27		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.574		0	NC	4		3.285		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.009		14	A	1		0.050		
15:0.....g	0.003		14	A	1		0.020		
16:0.....g	0.413		14	A	1		2.364		
17:0.....g	0.003		14	A	1		0.020		
18:0.....g	0.142		14	A	1		0.812		
20:0.....g	0.000		14	A	1		0.000		
22:0.....g	0.000		14	A	1		0.000		
24:0.....g	0.004		14	A	1		0.020		

NDB No. 05628
Emu, inside drum, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.793		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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

Measure 1 = 572g: 1 inside drum

NDB No. 05628
Emu, inside drum, raw

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

Food Group: 05 Poultry Products

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

NDB No. 05629

Emu, inside drums, cooked, broiled

Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.31	0.940	19	A	1		267.53	54.66	
Energy.....kcal	156		0	NC	4		651	133	
Energy.....kj	654		0	NC	4		2722	556	
Protein (N x 6.25).....g	32.38	0.380	19	A	1		134.70	27.52	
Total lipid (fat).....g	2.01	0.450	19	A	1		8.36	1.71	
Ash.....g	1.30	0.040	19	A	1		5.41	1.11	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.350	19	A	1		24	5	
Iron, Fe.....mg	7.27	0.280	19	A	1		30.24	6.18	
Magnesium, Mg.....mg	33		0	BFNN	4		136	28	
Phosphorus, P.....mg	307		0	BFNN	4		1278	261	
Potassium, K.....mg	312	15.300	19	A	1		1298	265	
Sodium, Na.....mg	118	4.890	19	A	1		489	100	
Zinc, Zn.....mg	5.09	0.210	19	A	1		21.17	4.33	
Copper, Cu.....mg	0.272		0	BFNN	4		1.131	0.231	
Manganese, Mn.....mg	0.034		0	BFNN	4		0.141	0.029	
Selenium, Se.....mcg	49.6		0	BFNN	4		206.5	42.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		5	A	1		0.0	0.0	
Thiamin.....mg	0.410		5	A	1		1.706	0.349	
Riboflavin.....mg	0.621		0	BFPN	4		2.582	0.528	
Niacin.....mg	10.164		0	BFPN	4		42.282	8.639	
Pantothenic acid.....mg	3.508		0	BFPN	4		14.591	2.981	
Vitamin B-6.....mg	0.949		0	BFPN	4		3.948	0.807	
Folate, total.....mcg	10		0	BFPN	4		41	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0	BFPN	4		41	8	
Folate, DFE.....mcg_DFE	10		0	NC	4		41	8	
Vitamin B-12.....mcg	2.40		5	A	1		9.98	2.04	
Vitamin A, IU.....IU	10		0	AS	1		40	8	
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		12	2	
Retinol.....mcg	3		5	A	1		12	2	
Vitamin E (alpha-tocopherol).....mg	0.25		0	BFSN	4		1.03	0.21	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.654		0	NC	4		2.721	0.556	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.008		5	A	1		0.032	0.006	
15:0.....g	0.006		5	A	1		0.024	0.005	
16:0.....g	0.446		5	A	1		1.856	0.379	
17:0.....g	0.010		5	A	1		0.040	0.008	
18:0.....g	0.169		5	A	1		0.704	0.144	
20:0.....g	0.006		5	A	1		0.024	0.005	
22:0.....g	0.004		5	A	1		0.016	0.003	
24:0.....g	0.006		5	A	1		0.024	0.005	

NDB No. 05629

Emu, inside drums, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.859		0	NC	4		3.575	0.731	
14:1.....g	0.004		5	A	1		0.016	0.003	
15:1.....g									
16:1 undifferentiated.....g	0.090		5	A	1		0.374	0.076	
17:1.....g	0.004		5	A	1		0.016	0.003	
18:1 undifferentiated.....g	0.742		5	A	1		3.089	0.631	
20:1.....g	0.019		5	A	1		0.080	0.016	
22:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.408		0	NC	4		1.697	0.347	
18:2 undifferentiated.....g	0.337		5	A	1		1.400	0.286	
18:3 undifferentiated.....g	0.027		5	A	1		0.112	0.023	
18:4.....g									
20:2 n-6 c,c.....g	0.002		5	A	1		0.008	0.002	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		5	A	1		0.112	0.023	
20:5 n-3.....g	0.004		5	A	1		0.016	0.003	
22:5 n-3.....g									
22:6 n-3.....g	0.012		5	A	1		0.048	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0	BFSN	4		377	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.214		0	A	1		0.890	0.182	
Threonine.....g	0.928		0	A	1		3.862	0.789	
Isoleucine.....g	1.052		0	A	1		4.378	0.894	
Leucine.....g	1.788		0	A	1		7.437	1.520	
Lysine.....g	1.905		0	A	1		7.927	1.620	
Methionine.....g	0.614		0	A	1		2.554	0.522	
Cystine.....g	0.234		0	A	1		0.973	0.199	
Phenylalanine.....g	0.924		0	A	1		3.844	0.785	
Tyrosine.....g	0.691		0	A	1		2.874	0.587	
Valine.....g	1.078		0	A	1		4.485	0.916	
Arginine.....g	1.457		0	A	1		6.063	1.239	
Histidine.....g	0.709		0	A	1		2.950	0.603	
Alanine.....g	1.259		0	A	1		5.237	1.070	
Aspartic acid.....g	2.817		0	A	1		11.720	2.395	
Glutamic acid.....g	3.161		0	A	1		13.151	2.687	
Glycine.....g	1.019		0	A	1		4.240	0.866	
Proline.....g	1.312		0	A	1		5.459	1.115	
Serine.....g	0.770		0	A	1		3.204	0.655	
Hydroxyproline.....g	0.212		0	A	1		0.881	0.180	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 416g: 1 inside drum cooked (yield from 572 g raw meat)

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

NDB No. 05629

Emu, inside drums, cooked, broiled

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.202		0	BFFN	4		0.851		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.016		0	BFFN	4		0.066		
17:1.....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated.....g	0.174		0	BFFN	4		0.735		
20:1.....g	0.001		0	BFFN	4		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0	BFFN	4		0.295		
18:2 undifferentiated.....g	0.050		0	BFFN	4		0.210		
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.011		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.001		0	BFFN	4		0.003		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		0	BFFN	4		0.056		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	78		6	A	1		327		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.153		0	A	1		0.644		
Threonine.....g	0.662		0	A	1		2.792		
Isoleucine.....g	0.750		0	A	1		3.165		
Leucine.....g	1.274		0	A	1		5.377		
Lysine.....g	1.358		0	A	1		5.732		
Methionine.....g	0.438		0	A	1		1.847		
Cystine.....g	0.167		0	A	1		0.703		
Phenylalanine.....g	0.659		0	A	1		2.779		
Tyrosine.....g	0.492		0	A	1		2.078		
Valine.....g	0.769		0	A	1		3.243		
Arginine.....g	1.039		0	A	1		4.384		
Histidine.....g	0.505		0	A	1		2.133		
Alanine.....g	0.897		0	A	1		3.787		
Aspartic acid.....g	2.008		0	A	1		8.474		
Glutamic acid.....g	2.253		0	A	1		9.509		
Glycine.....g	0.727		0	A	1		3.066		
Proline.....g	0.935		0	A	1		3.947		
Serine.....g	0.549		0	A	1		2.317		
Hydroxyproline.....g	0.151		0	A	1		0.637		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

NDB No. 05630

Emu, outside drum, raw

Common Measures:

Measure 1 = 422g: 1 outside drum

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05631
Emu, oyster, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.937		0	NC	4		5.810		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.157		0	BFFN	4		0.472		
17:1.....g	0.001		0	BFFN	4		0.003		
18:1 undifferentiated.....g	1.764		0	BFFN	4		5.292		
20:1.....g	0.014		0	BFFN	4		0.043		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0	NC	4		2.014		
18:2 undifferentiated.....g	0.503		0	BFFN	4		1.508		
18:3 undifferentiated.....g	0.026		0	BFFN	4		0.078		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.008		0	BFFN	4		0.024		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.135		0	BFFN	4		0.405		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		6	A	1		242		
Phytosterols.....mg									
<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		

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NDB No. 05631

Emu, oyster, raw

Common Measures:

Measure 1 = 300g: 1 steak

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.249		0	NC	4		3.047	1.061	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.101		0	BFFN	4		0.248	0.086	
17:1.....g	0.001		0	BFFN	4		0.001	0.001	
18:1 undifferentiated.....g	1.137		0	BFFN	4		2.775	0.967	
20:1.....g	0.009		0	BFFN	4		0.022	0.008	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.433		0	NC	4		1.056	0.368	
18:2 undifferentiated.....g	0.324		0	BFFN	4		0.791	0.276	
18:3 undifferentiated.....g	0.017		0	BFFN	4		0.041	0.014	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g	0.005		0	BFFN	4		0.012	0.004	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.087		0	BFFN	4		0.212	0.074	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	88	4.011	3	A	1		214	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.469	0.163	
Threonine.....g	0.833		0	A	1		2.033	0.708	
Isoleucine.....g	0.945		0	A	1		2.305	0.803	
Leucine.....g	1.605		0	A	1		3.916	1.364	
Lysine.....g	1.711		0	A	1		4.174	1.454	
Methionine.....g	0.551		0	A	1		1.345	0.468	
Cystine.....g	0.210		0	A	1		0.512	0.178	
Phenylalanine.....g	0.829		0	A	1		2.024	0.705	
Tyrosine.....g	0.620		0	A	1		1.513	0.527	
Valine.....g	0.968		0	A	1		2.362	0.823	
Arginine.....g	1.308		0	A	1		3.192	1.112	
Histidine.....g	0.636		0	A	1		1.553	0.541	
Alanine.....g	1.130		0	A	1		2.757	0.961	
Aspartic acid.....g	2.529		0	A	1		6.171	2.150	
Glutamic acid.....g	2.838		0	A	1		6.924	2.412	
Glycine.....g	0.915		0	A	1		2.233	0.778	
Proline.....g	1.178		0	A	1		2.874	1.001	
Serine.....g	0.691		0	A	1		1.687	0.588	
Hydroxyproline.....g	0.190		0	A	1		0.464	0.162	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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NDB No. 05632

Emu, top loin, cooked, broiled

Common Measures:

Measure 1 = 244g: 1 steak

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05147

Goose, domesticated, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.250		0		1		14.350	19.270	79.335
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		0.952	1.278	5.263
17:1.....g									
18:1 undifferentiated.....g	9.520		0		1		13.328	17.898	73.685
20:1.....g	0.020		0		1		0.028	0.038	0.155
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.520		0		1		3.528	4.738	19.505
18:2 undifferentiated.....g	2.240		0		1		3.136	4.211	17.338
18:3 undifferentiated.....g	0.180		0		1		0.252	0.338	1.393
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		127	171	704
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.332		0		4		0.465	0.624	2.570
Threonine.....g	1.123		0		1		1.572	2.111	8.692
Isoleucine.....g	1.183		0		1		1.656	2.224	9.156
Leucine.....g	2.109		0		1		2.953	3.965	16.324
Lysine.....g	1.988		0		1		2.783	3.737	15.387
Methionine.....g	0.608		0		1		0.851	1.143	4.706
Cystine.....g	0.390		0		4		0.546	0.733	3.019
Phenylalanine.....g	1.055		0		1		1.477	1.983	8.166
Tyrosine.....g	0.805		0		1		1.127	1.513	6.231
Valine.....g	1.232		0		1		1.725	2.316	9.536
Arginine.....g	1.566		0		1		2.192	2.944	12.121
Histidine.....g	0.700		0		1		0.980	1.316	5.418
Alanine.....g	1.550		0		1		2.170	2.914	11.997
Aspartic acid.....g	2.262		0		1		3.167	4.253	17.508
Glutamic acid.....g	3.739		0		1		5.235	7.029	28.940
Glycine.....g	1.594		0		1		2.232	2.997	12.338
Proline.....g	1.216		0		1		1.702	2.286	9.412
Serine.....g	1.002		0		1		1.403	1.884	7.755
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 140g: 1 cup, chopped or diced
- Measure 2 = 188g: 1 unit (yield from 1 lb ready-to-cook goose)
- Measure 3 = 774g: .5 goose

NDB No. 05147

Goose, domesticated, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05146

Goose, domesticated, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.207		0		4		0.662	2.730	
Threonine.....g	0.708		0		1		2.266	9.339	
Isoleucine.....g	0.746		0		1		2.387	9.840	
Leucine.....g	1.330		0		1		4.256	17.543	
Lysine.....g	1.254		0		1		4.013	16.540	
Methionine.....g	0.383		0		1		1.226	5.052	
Cystine.....g	0.247		0		4		0.790	3.258	
Phenylalanine.....g	0.665		0		1		2.128	8.771	
Tyrosine.....g	0.508		0		1		1.626	6.701	
Valine.....g	0.777		0		1		2.486	10.249	
Arginine.....g	0.987		0		1		3.158	13.019	
Histidine.....g	0.442		0		1		1.414	5.830	
Alanine.....g	0.977		0		1		3.126	12.887	
Aspartic acid.....g	1.426		0		1		4.563	18.809	
Glutamic acid.....g	2.358		0		1		7.546	31.102	
Glycine.....g	1.005		0		1		3.216	13.256	
Proline.....g	0.766		0		1		2.451	10.104	
Serine.....g	0.632		0		1		2.022	8.336	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 320g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 1319g: .5 goose

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05149

Goose, domesticated, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.340		0		1		6.206	25.649	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.629	2.600	
17:1.....g									
18:1 undifferentiated.....g	3.880		0		1		5.548	22.931	
20:1.....g	0.010		0		1		0.014	0.059	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.540		0		1		2.202	9.101	
18:2 undifferentiated.....g	1.370		0		1		1.959	8.097	
18:3 undifferentiated.....g	0.150		0		1		0.215	0.887	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		137	567	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.403		0		4		0.576	2.382	
Threonine.....g	1.238		0		4		1.770	7.317	
Isoleucine.....g	1.488		0		4		2.128	8.794	
Leucine.....g	2.447		0		4		3.499	14.462	
Lysine.....g	2.480		0		4		3.546	14.657	
Methionine.....g	0.783		0		4		1.120	4.628	
Cystine.....g	0.445		0		4		0.636	2.630	
Phenylalanine.....g	1.214		0		4		1.736	7.175	
Tyrosine.....g	1.103		0		4		1.577	6.519	
Valine.....g	1.516		0		4		2.168	8.960	
Arginine.....g	1.849		0		4		2.644	10.928	
Histidine.....g	0.765		0		4		1.094	4.521	
Alanine.....g	1.835		0		4		2.624	10.845	
Aspartic acid.....g	2.837		0		4		4.057	16.767	
Glutamic acid.....g	4.533		0		4		6.482	26.790	
Glycine.....g	1.622		0		4		2.319	9.586	
Proline.....g	1.423		0		4		2.035	8.410	
Serine.....g	1.247		0		4		1.783	7.370	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 143g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 591g: .5 goose

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05148

Goose, domesticated, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.317		0		4		0.586	2.428	
Threonine.....g	0.972		0		4		1.798	7.446	
Isoleucine.....g	1.168		0		4		2.161	8.947	
Leucine.....g	1.922		0		4		3.556	14.723	
Lysine.....g	1.947		0		4		3.602	14.914	
Methionine.....g	0.615		0		4		1.138	4.711	
Cystine.....g	0.349		0		4		0.646	2.673	
Phenylalanine.....g	0.954		0		4		1.765	7.308	
Tyrosine.....g	0.866		0		4		1.602	6.634	
Valine.....g	1.190		0		4		2.202	9.115	
Arginine.....g	1.452		0		4		2.686	11.122	
Histidine.....g	0.601		0		4		1.112	4.604	
Alanine.....g	1.441		0		4		2.666	11.038	
Aspartic acid.....g	2.228		0		4		4.122	17.066	
Glutamic acid.....g	3.560		0		4		6.586	27.270	
Glycine.....g	1.274		0		4		2.357	9.759	
Proline.....g	1.117		0		4		2.066	8.556	
Serine.....g	0.979		0		4		1.811	7.499	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 766g: .5 goose

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05150
Goose, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.810		0		1		0.761	0.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.056	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.740		1		1		0.696	0.081	
20:1.....g	0.010		1		1		0.009	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.244	0.029	
18:2 undifferentiated.....g	0.180		1		1		0.169	0.020	
18:3 undifferentiated.....g	0.010		1		1		0.009	0.001	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		1		1		0.066	0.008	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	515		0		4		484	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.216	0.025	
Threonine.....g	0.728		0		1		0.684	0.080	
Isoleucine.....g	0.870		0		1		0.818	0.096	
Leucine.....g	1.477		0		1		1.388	0.162	
Lysine.....g	1.239		0		1		1.165	0.136	
Methionine.....g	0.388		0		1		0.365	0.043	
Cystine.....g	0.220		0		1		0.207	0.024	
Phenylalanine.....g	0.815		0		1		0.766	0.090	
Tyrosine.....g	0.576		0		1		0.541	0.063	
Valine.....g	1.032		0		1		0.970	0.114	
Arginine.....g	1.003		0		1		0.943	0.110	
Histidine.....g	0.435		0		1		0.409	0.048	
Alanine.....g	0.951		0		1		0.894	0.105	
Aspartic acid.....g	1.556		0		1		1.463	0.171	
Glutamic acid.....g	2.121		0		1		1.994	0.233	
Glycine.....g	0.951		0		1		0.894	0.105	
Proline.....g	0.812		0		1		0.763	0.089	
Serine.....g	0.705		0		1		0.663	0.078	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 94g: 1 liver

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05151
Guinea hen, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.430		0		4		8.724	8.384	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		4		1.221	1.173	
17:1.....g									
18:1 undifferentiated.....g	2.000		0		4		7.180	6.900	
20:1.....g	0.060		0		4		0.215	0.207	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0		4		5.062	4.865	
18:2 undifferentiated.....g	1.190		0		4		4.272	4.106	
18:3 undifferentiated.....g	0.050		0		4		0.180	0.173	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		4		0.251	0.242	
20:5 n-3.....g	0.010		0		4		0.036	0.035	
22:5 n-3.....g	0.010		0		4		0.036	0.035	
22:6 n-3.....g	0.030		0		4		0.108	0.104	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		4		266	255	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		4		0.930	0.894	
Threonine.....g	0.963		0		4		3.457	3.322	
Isoleucine.....g	1.156		0		4		4.150	3.988	
Leucine.....g	1.693		0		4		6.078	5.841	
Lysine.....g	1.891		0		4		6.789	6.524	
Methionine.....g	0.618		0		4		2.219	2.132	
Cystine.....g	0.314		0		4		1.127	1.083	
Phenylalanine.....g	0.906		0		4		3.253	3.126	
Tyrosine.....g	0.748		0		4		2.685	2.581	
Valine.....g	1.132		0		4		4.064	3.905	
Arginine.....g	1.476		0		4		5.299	5.092	
Histidine.....g	0.681		0		4		2.445	2.349	
Alanine.....g	1.378		0		4		4.947	4.754	
Aspartic acid.....g	2.087		0		4		7.492	7.200	
Glutamic acid.....g	3.407		0		4		12.231	11.754	
Glycine.....g	1.572		0		4		5.643	5.423	
Proline.....g	1.162		0		4		4.172	4.009	
Serine.....g	0.829		0		4		2.976	2.860	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 359g: 1 unit (yield from 1 lb ready-to-cook guinea)
 Measure 2 = 345g: .5 guinea

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.680		0		4		1.870	1.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0		4		0.248	0.238	
17:1.....g									
18:1 undifferentiated.....g	0.570		0		4		1.568	1.505	
20:1.....g	0.010		0		4		0.028	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0		4		1.623	1.558	
18:2 undifferentiated.....g	0.400		0		4		1.100	1.056	
18:3 undifferentiated.....g	0.020		0		4		0.055	0.053	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		4		0.193	0.185	
20:5 n-3.....g	0.010		0		4		0.028	0.026	
22:5 n-3.....g	0.020		0		4		0.055	0.053	
22:6 n-3.....g	0.030		0		4		0.083	0.079	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		1		1		173	166	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0		4		0.663	0.636	
Threonine.....g	0.872		0		4		2.398	2.302	
Isoleucine.....g	1.090		0		4		2.998	2.878	
Leucine.....g	1.549		0		4		4.260	4.089	
Lysine.....g	1.754		0		4		4.824	4.631	
Methionine.....g	0.571		0		4		1.570	1.507	
Cystine.....g	0.264		0		4		0.726	0.697	
Phenylalanine.....g	0.819		0		4		2.252	2.162	
Tyrosine.....g	0.697		0		4		1.917	1.840	
Valine.....g	1.024		0		4		2.816	2.703	
Arginine.....g	1.245		0		4		3.424	3.287	
Histidine.....g	0.641		0		4		1.763	1.692	
Alanine.....g	1.126		0		4		3.097	2.973	
Aspartic acid.....g	1.840		0		4		5.060	4.858	
Glutamic acid.....g	3.092		0		4		8.503	8.163	
Glycine.....g	1.014		0		4		2.789	2.677	
Proline.....g	0.849		0		4		2.335	2.241	
Serine.....g	0.710		0		4		1.953	1.874	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 275g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 2 = 264g: .5 guinea

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.950		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									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
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. 05643
Ostrich, fan, raw

Food Group: 05 Poultry Products

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

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.156		0	NC	4		2.005	1.832	
14:1.....g	0.001	0.001	3	A	1		0.001	0.001	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.342	0.059	3	A	1		0.318	0.291	
17:1.....g	0.005	0.003	3	A	1		0.004	0.004	
18:1 undifferentiated.....g	1.783	0.346	3	A	1		1.658	1.516	
20:1.....g	0.024	0.004	3	A	1		0.023	0.021	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0	NC	4		0.687	0.628	
18:2 undifferentiated.....g	0.631	0.127	3	A	1		0.587	0.537	
18:3 undifferentiated.....g	0.045	0.008	3	A	1		0.042	0.038	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.005	0.003	3	A	1		0.005	0.005	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.057	0.015	3	A	1		0.053	0.048	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.233		0	BFFN	4		0.217	0.198	
Cholesterol.....mg	83	2.991	6	A	1		77	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.233		0	A	1		0.217	0.198	
Threonine.....g	1.147		0	A	1		1.067	0.975	
Isoleucine.....g	1.242		0	A	1		1.155	1.056	
Leucine.....g	2.125		0	A	1		1.976	1.806	
Lysine.....g	2.309		0	A	1		2.147	1.963	
Methionine.....g	0.731		0	A	1		0.680	0.621	
Cystine.....g	0.269		0	A	1		0.250	0.228	
Phenylalanine.....g	1.079		0	A	1		1.004	0.917	
Tyrosine.....g	0.850		0	A	1		0.791	0.723	
Valine.....g	1.291		0	A	1		1.201	1.098	
Arginine.....g	1.788		0	A	1		1.663	1.520	
Histidine.....g	0.657		0	A	1		0.611	0.558	
Alanine.....g	1.678		0	A	1		1.560	1.426	
Aspartic acid.....g	2.446		0	A	1		2.275	2.079	
Glutamic acid.....g	4.009		0	A	1		3.728	3.407	
Glycine.....g	1.748		0	A	1		1.626	1.486	
Proline.....g	1.363		0	A	1		1.268	1.159	
Serine.....g	1.046		0	A	1		0.973	0.889	
Hydroxyproline.....g	0.467		0	A	1		0.434	0.397	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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NDB No. 05642

Ostrich, ground, cooked, pan-broiled

Common Measures:

Measure 1 = 93g: 1 patty (yield from 108.8 g raw meat)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05641
Ostrich, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.654		0	NC		4			
14:1.....g	0.002		0	BFFN		4			
15:1.....g	0.000		0	BFFN		4			
16:1 undifferentiated.....g	0.421		0	BFFN		4			
17:1.....g	0.006		0	BFFN		4			
18:1 undifferentiated.....g	2.195		0	BFFN		4			
20:1.....g	0.030		0	BFFN		4			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0	NC		4			
18:2 undifferentiated.....g	0.777		0	BFFN		4			
18:3 undifferentiated.....g	0.056		0	BFFN		4			
18:3 n-6 c,c,c.....g	0.000		0	BFFN		4			
18:4.....g									
20:2 n-6 c,c.....g	0.007		0	BFFN		4			
20:3 undifferentiated.....g	0.000		0	BFFN		4			
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.070		0	BFFN		4			
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	BFYN		4			
Phytosterols.....mg									
<u>Amino Acids:</u>									
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			
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

NDB No. 05641
Ostrich, ground, raw
Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05645
Ostrich, inside leg, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.670		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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

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

NDB No. 05645
Ostrich, inside leg, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05644
Ostrich, inside leg, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

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

NDB No. 05644
Ostrich, inside leg, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05647

Ostrich, inside strip, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.740		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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

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

NDB No. 05647

Ostrich, inside strip, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05646
Ostrich, inside strip, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.179		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									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05646
Ostrich, inside strip, raw

Food Group: 05 Poultry Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05648
Ostrich, outside leg, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.590		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									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05648
Ostrich, outside leg, raw

Food Group: 05 Poultry Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05650
Ostrich, outside strip, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.590		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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

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

NDB No. 05650

Ostrich, outside strip, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05649
Ostrich, outside strip, raw

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	0.874		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									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05649
Ostrich, outside strip, raw

Food Group: 05 Poultry Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05652
Ostrich, oyster, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.450		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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

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

NDB No. 05652
Ostrich, oyster, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05651
Ostrich, oyster, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		3	A					
17:1.....g									
18:1 undifferentiated.....g	0.920		3	A					
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.430		3	A					
18:3 undifferentiated.....g	0.040		3	A					
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		3	A					
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					
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.192		0	A					
Threonine.....g	0.945		0	A					
Isoleucine.....g	1.024		0	A					
Leucine.....g	1.751		0	A					
Lysine.....g	1.903		0	A					
Methionine.....g	0.602		0	A					
Cystine.....g	0.221		0	A					
Phenylalanine.....g	0.889		0	A					
Tyrosine.....g	0.701		0	A					
Valine.....g	1.064		0	A					
Arginine.....g	1.474		0	A					
Histidine.....g	0.541		0	A					
Alanine.....g	1.383		0	A					
Aspartic acid.....g	2.016		0	A					
Glutamic acid.....g	3.303		0	A					
Glycine.....g	1.440		0	A					
Proline.....g	1.123		0	A					
Serine.....g	0.862		0	A					
Hydroxyproline.....g	0.385		0	A					
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z					7
Caffeine.....mg	0		0	Z					7
Theobromine.....mg	0		0	Z					7
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z					7
Carotene, alpha.....mcg	0		0	Z					7
Cryptoxanthin, beta.....mcg	0		0	Z					7
Lycopene.....mcg	0		0	Z					7
Lutein + zeaxanthin.....mcg	0		0	Z					7

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05651
Ostrich, oyster, raw

Food Group: 05 Poultry Products

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

NDB No. 05653
Ostrich, round, raw

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	0.850		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									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05653
Ostrich, round, raw

Food Group: 05 Poultry Products

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

NDB No. 05654
Ostrich, tenderloin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	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									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05654
Ostrich, tenderloin, raw

Food Group: 05 Poultry Products

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

NDB No. 05656
Ostrich, tip trimmed, cooked

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.970		0	NC	4		0.825		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		3	A	1		0.179		
17:1.....g									
18:1 undifferentiated.....g	0.760		3	A	1		0.646		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0	NC	4		0.374		
18:2 undifferentiated.....g	0.300		3	A	1		0.255		
18:3 undifferentiated.....g	0.020		3	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		3	A	1		0.102		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		3	A	1		72		
Phytosterols.....mg									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

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

NDB No. 05656

Ostrich, tip trimmed, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05655
Ostrich, tip trimmed, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.790		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									
<u>Amino Acids:</u>									
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				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05655
Ostrich, tip trimmed, raw

Food Group: 05 Poultry Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05658
Ostrich, top loin, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.270		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									
<u>Amino Acids:</u>									
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		
<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.

Common Measures:

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

NDB No. 05658

Ostrich, top loin, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05657
Ostrich, top loin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.060		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									
<u>Amino Acids:</u>									
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			
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

NDB No. 05657
Ostrich, top loin, raw

Food Group: 05 Poultry Products

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

NDB No. 05282

Pate de foie gras, canned (goose liver pate), smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	25.610		0		4		3.329	7.260	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		0		4		0.182	0.397	
17:1.....g									
18:1 undifferentiated.....g	24.040		0		4		3.125	6.815	
20:1.....g	0.130		0		4		0.017	0.037	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840		0		4		0.109	0.238	
18:2 undifferentiated.....g	0.570		0		4		0.074	0.162	
18:3 undifferentiated.....g	0.010		0		4		0.001	0.003	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		4		0.033	0.071	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	150		1		1		20	43	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		4		0.021	0.046	
Threonine.....g	0.507		0		4		0.066	0.144	
Isoleucine.....g	0.606		0		4		0.079	0.172	
Leucine.....g	1.029		0		4		0.134	0.292	
Lysine.....g	0.863		0		4		0.112	0.245	
Methionine.....g	0.270		0		4		0.035	0.077	
Cystine.....g	0.153		0		4		0.020	0.043	
Phenylalanine.....g	0.567		0		4		0.074	0.161	
Tyrosine.....g	0.401		0		4		0.052	0.114	
Valine.....g	0.719		0		4		0.093	0.204	
Arginine.....g	0.699		0		4		0.091	0.198	
Histidine.....g	0.303		0		4		0.039	0.086	
Alanine.....g	0.662		0		4		0.086	0.188	
Aspartic acid.....g	1.083		0		4		0.141	0.307	
Glutamic acid.....g	1.477		0		4		0.192	0.419	
Glycine.....g	0.662		0		4		0.086	0.188	
Proline.....g	0.565		0		4		0.073	0.160	
Serine.....g	0.491		0		4		0.064	0.139	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05155
Pheasant, breast, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.040		0		1		1.758	1.893	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		1		1		0.304	0.328	
17:1.....g									
18:1 undifferentiated.....g	0.860		1		1		1.453	1.565	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0		1		0.930	1.001	
18:2 undifferentiated.....g	0.480		1		1		0.811	0.874	
18:3 undifferentiated.....g	0.070		1		1		0.118	0.127	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		4		98	106	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.339		0		1		0.573	0.617	
Threonine.....g	1.220		0		1		2.062	2.220	
Isoleucine.....g	1.369		0		1		2.314	2.492	
Leucine.....g	2.063		0		1		3.486	3.755	
Lysine.....g	2.230		0		1		3.769	4.059	
Methionine.....g	0.710		0		1		1.200	1.292	
Cystine.....g	0.320		0		1		0.541	0.582	
Phenylalanine.....g	0.951		0		1		1.607	1.731	
Tyrosine.....g	0.799		0		1		1.350	1.454	
Valine.....g	1.349		0		1		2.280	2.455	
Arginine.....g	1.482		0		1		2.505	2.697	
Histidine.....g	0.971		0		1		1.641	1.767	
Alanine.....g	1.470		0		1		2.484	2.675	
Aspartic acid.....g	2.363		0		1		3.993	4.301	
Glutamic acid.....g	3.603		0		1		6.089	6.557	
Glycine.....g	1.080		0		1		1.825	1.966	
Proline.....g	0.889		0		1		1.502	1.618	
Serine.....g	1.049		0		1		1.773	1.909	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 169g: 1 unit (yield from 1 lb ready-to-eat pheasant)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 43283
Pheasant, cooked, total edible

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.627				4		7.878		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.055				4		1.477		
17:1.....g									
18:1 undifferentiated.....g	4.012				4		5.617		
20:1.....g	0.013				4		0.018		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.537				4		2.152		
18:2 undifferentiated.....g	1.055				4		1.477		
18:3 undifferentiated.....g	0.130				4		0.182		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	89				4		125		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

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

NDB No. 05156
Pheasant, leg, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.309		0		1		0.306	0.331	
Threonine.....g	1.112		0		1		1.101	1.190	
Isoleucine.....g	1.247		0		1		1.235	1.334	
Leucine.....g	1.879		0		1		1.860	2.011	
Lysine.....g	2.032		0		1		2.012	2.174	
Methionine.....g	0.646		0		1		0.640	0.691	
Cystine.....g	0.291		0		1		0.288	0.311	
Phenylalanine.....g	0.867		0		1		0.858	0.928	
Tyrosine.....g	0.728		0		1		0.721	0.779	
Valine.....g	1.229		0		1		1.217	1.315	
Arginine.....g	1.350		0		1		1.337	1.445	
Histidine.....g	0.884		0		1		0.875	0.946	
Alanine.....g	1.339		0		1		1.326	1.433	
Aspartic acid.....g	2.153		0		1		2.131	2.304	
Glutamic acid.....g	3.282		0		1		3.249	3.512	
Glycine.....g	0.984		0		1		0.974	1.053	
Proline.....g	0.810		0		1		0.802	0.867	
Serine.....g	0.955		0		1		0.945	1.022	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 107g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05153
Pheasant, raw, meat and skin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.304		0		1		1.128	1.216	
Threonine.....g	1.108		0		1		4.111	4.432	
Isoleucine.....g	1.228		0		1		4.556	4.912	
Leucine.....g	1.870		0		1		6.938	7.480	
Lysine.....g	2.015		0		1		7.476	8.060	
Methionine.....g	0.643		0		1		2.386	2.572	
Cystine.....g	0.305		0		1		1.132	1.220	
Phenylalanine.....g	0.876		0		1		3.250	3.504	
Tyrosine.....g	0.724		0		1		2.686	2.896	
Valine.....g	1.230		0		1		4.563	4.920	
Arginine.....g	1.412		0		1		5.239	5.648	
Histidine.....g	0.864		0		1		3.205	3.456	
Alanine.....g	1.410		0		1		5.231	5.640	
Aspartic acid.....g	2.186		0		1		8.110	8.744	
Glutamic acid.....g	3.309		0		1		12.276	13.236	
Glycine.....g	1.231		0		1		4.567	4.924	
Proline.....g	0.939		0		1		3.484	3.756	
Serine.....g	0.972		0		1		3.606	3.888	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 371g: 1 unit (yield from 1 lb ready-to-eat pheasant)
 Measure 2 = 400g: .5 pheasant

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 05 Poultry Products

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									
Amino Acids:									
Tryptophan.....g	0.328		0		1		1.069	1.155	
Threonine.....g	1.180		0		1		3.847	4.154	
Isoleucine.....g	1.324		0		1		4.316	4.660	
Leucine.....g	1.995		0		1		6.504	7.022	
Lysine.....g	2.157		0		1		7.032	7.593	
Methionine.....g	0.686		0		1		2.236	2.415	
Cystine.....g	0.309		0		1		1.007	1.088	
Phenylalanine.....g	0.920		0		1		2.999	3.238	
Tyrosine.....g	0.773		0		1		2.520	2.721	
Valine.....g	1.305		0		1		4.254	4.594	
Arginine.....g	1.433		0		1		4.672	5.044	
Histidine.....g	0.939		0		1		3.061	3.305	
Alanine.....g	1.422		0		1		4.636	5.005	
Aspartic acid.....g	2.285		0		1		7.449	8.043	
Glutamic acid.....g	3.484		0		1		11.358	12.264	
Glycine.....g	1.044		0		1		3.403	3.675	
Proline.....g	0.860		0		1		2.804	3.027	
Serine.....g	1.014		0		1		3.306	3.569	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 326g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 352g: .5 pheasant

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05306

Poultry food products, ground turkey, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.306		0		1		0.251	1.010	
Threonine.....g	1.204		0		1		0.987	3.973	
Isoleucine.....g	1.405		0		1		1.152	4.637	
Leucine.....g	2.154		0		1		1.766	7.108	
Lysine.....g	2.548		0		1		2.089	8.408	
Methionine.....g	0.784		0		1		0.643	2.587	
Cystine.....g	0.280		0		1		0.230	0.924	
Phenylalanine.....g	1.073		0		1		0.880	3.541	
Tyrosine.....g	1.068		0		1		0.876	3.524	
Valine.....g	1.436		0		1		1.178	4.739	
Arginine.....g	1.887		0		1		1.547	6.227	
Histidine.....g	0.845		0		1		0.693	2.789	
Alanine.....g	1.672		0		1		1.371	5.518	
Aspartic acid.....g	2.627		0		1		2.154	8.669	
Glutamic acid.....g	4.413		0		1		3.619	14.563	
Glycine.....g	1.340		0		1		1.099	4.422	
Proline.....g	1.125		0		1		0.923	3.713	
Serine.....g	1.204		0		1		0.987	3.973	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 82g: 1 patty (4 oz, raw) (yield after cooking)

Measure 2 = 330g: 1 unit, yield from 1 lb raw

NDB No. 05306

Poultry food products, ground turkey, cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05305

Poultry food products, ground turkey, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.100		0		1		14.062	3.534	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		20		1		1.497	0.376	
17:1.....g									
18:1 undifferentiated.....g	2.740		20		1		12.429	3.124	
20:1.....g	0.020		20		1		0.091	0.023	
22:1 undifferentiated.....g	0.000		20		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.000		0		1		9.072	2.280	
18:2 undifferentiated.....g	1.800		20		1		8.165	2.052	
18:3 undifferentiated.....g	0.090		20		1		0.408	0.103	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		20		1		0.408	0.103	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010	0.000	20		1		0.045	0.011	
22:6 n-3.....g	0.010		20		1		0.045	0.011	
Fatty acids, total trans.....g	0.274		0	BFFN	4		1.241	0.312	
Cholesterol.....mg	79	1.758	28		1		358	90	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.889	0.223	
Threonine.....g	0.768		0		1		3.484	0.876	
Isoleucine.....g	0.897		0		1		4.069	1.023	
Leucine.....g	1.375		0		1		6.237	1.568	
Lysine.....g	1.626		0		1		7.376	1.854	
Methionine.....g	0.500		0		1		2.268	0.570	
Cystine.....g	0.179		0		1		0.812	0.204	
Phenylalanine.....g	0.685		0		1		3.107	0.781	
Tyrosine.....g	0.682		0		1		3.094	0.777	
Valine.....g	0.916		0		1		4.155	1.044	
Arginine.....g	1.204		0		1		5.461	1.373	
Histidine.....g	0.539		0		1		2.445	0.614	
Alanine.....g	1.067		0		1		4.840	1.216	
Aspartic acid.....g	1.676		0		1		7.602	1.911	
Glutamic acid.....g	2.816		0		1		12.773	3.210	
Glycine.....g	0.855		0		1		3.878	0.975	
Proline.....g	0.718		0		1		3.257	0.819	
Serine.....g	0.768		0		1		3.484	0.876	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 114g: 1 patty, 4 oz

NDB No. 05305

Poultry food products, ground turkey, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05301

Poultry, mechanically deboned, from backs and necks with skin, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	10.440		0		1		23.699		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		7		1		1.249		
17:1.....g									
18:1 undifferentiated.....g	9.870		7		1		22.405		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.960		0		1		11.259		
18:2 undifferentiated.....g	4.480		7		1		10.170		
18:3 undifferentiated.....g	0.340		7		1		0.772		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		3		1		0.227		
20:5 n-3.....g	0.020		3		1		0.045		
22:5 n-3.....g	0.000		3		1		0.000		
22:6 n-3.....g	0.020		3		1		0.045		
Fatty acids, total trans.....g									
Cholesterol.....mg	130		0		4		295		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		4		0.207		
Threonine.....g	0.509		0		1		1.155		
Isoleucine.....g	0.403		0		1		0.915		
Leucine.....g	0.903		0		1		2.050		
Lysine.....g	0.965		0		1		2.191		
Methionine.....g	0.303		0		1		0.688		
Cystine.....g	0.115		0		1		0.261		
Phenylalanine.....g	0.452		0		1		1.026		
Tyrosine.....g	0.344		0		1		0.781		
Valine.....g	0.472		0		1		1.071		
Arginine.....g	0.786		0		1		1.784		
Histidine.....g	0.319		0		1		0.724		
Alanine.....g	0.795		0		1		1.805		
Aspartic acid.....g	1.165		0		1		2.645		
Glutamic acid.....g	1.818		0		1		4.127		
Glycine.....g	0.903		0		1		2.050		
Proline.....g	0.609		0		1		1.382		
Serine.....g	0.536		0		1		1.217		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.410		0		1		16.821		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.710		8		1		1.612		
17:1.....g									
18:1 undifferentiated.....g	6.700		8		1		15.209		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0		1		5.176		
18:2 undifferentiated.....g	2.070		8		1		4.699		
18:3 undifferentiated.....g	0.210		8		1		0.477		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	104		0		4		236		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		4		0.250		
Threonine.....g	0.642		0		1		1.457		
Isoleucine.....g	0.499		0		1		1.133		
Leucine.....g	1.132		0		1		2.570		
Lysine.....g	1.194		0		1		2.710		
Methionine.....g	0.389		0		1		0.883		
Cystine.....g	0.093		0		1		0.211		
Phenylalanine.....g	0.545		0		1		1.237		
Tyrosine.....g	0.485		0		1		1.101		
Valine.....g	0.565		0		1		1.283		
Arginine.....g	0.918		0		1		2.084		
Histidine.....g	0.362		0		1		0.822		
Alanine.....g	0.940		0		1		2.134		
Aspartic acid.....g	1.426		0		1		3.237		
Glutamic acid.....g	2.282		0		1		5.180		
Glycine.....g	0.931		0		1		2.113		
Proline.....g	0.715		0		1		1.623		
Serine.....g	0.671		0		1		1.523		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.300		0		1		21.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.860		12		1		1.952		
17:1.....g									
18:1 undifferentiated.....g	8.360		12		1		18.977		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.550		0		1		10.329		
18:2 undifferentiated.....g	4.110		12		1		9.330		
18:3 undifferentiated.....g	0.240		12		1		0.545		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		8		1		0.227		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	143	7.442	7		1		325		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		4		0.268		
Threonine.....g	0.692		0		1		1.571		
Isoleucine.....g	0.570		0		1		1.294		
Leucine.....g	1.220		0		1		2.769		
Lysine.....g	1.314		0		1		2.983		
Methionine.....g	0.398		0		1		0.903		
Cystine.....g	0.111		0		1		0.252		
Phenylalanine.....g	0.584		0		1		1.326		
Tyrosine.....g	0.485		0		1		1.101		
Valine.....g	0.584		0		1		1.326		
Arginine.....g	0.996		0		1		2.261		
Histidine.....g	0.525		0		1		1.192		
Alanine.....g	0.958		0		1		2.175		
Aspartic acid.....g	1.594		0		1		3.618		
Glutamic acid.....g	2.440		0		1		5.539		
Glycine.....g	0.864		0		1		1.961		
Proline.....g	0.666		0		1		1.512		
Serine.....g	0.716		0		1		1.625		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05159
Quail, breast, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.354		0		1		0.736	0.198	
Threonine.....g	1.131		0		1		2.352	0.633	
Isoleucine.....g	1.233		0		1		2.565	0.690	
Leucine.....g	1.938		0		1		4.031	1.085	
Lysine.....g	1.977		0		1		4.112	1.107	
Methionine.....g	0.716		0		1		1.489	0.401	
Cystine.....g	0.394		0		1		0.820	0.221	
Phenylalanine.....g	0.980		0		1		2.038	0.549	
Tyrosine.....g	1.048		0		1		2.180	0.587	
Valine.....g	1.225		0		1		2.548	0.686	
Arginine.....g	1.432		0		1		2.979	0.802	
Histidine.....g	0.857		0		1		1.783	0.480	
Alanine.....g	1.392		0		1		2.895	0.780	
Aspartic acid.....g	1.883		0		1		3.917	1.054	
Glutamic acid.....g	2.928		0		1		6.090	1.640	
Glycine.....g	1.497		0		1		3.114	0.838	
Proline.....g	0.828		0		1		1.722	0.464	
Serine.....g	1.103		0		1		2.294	0.618	
Hydroxyproline.....g									

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.891								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.725								
17:1.....g									
18:1 undifferentiated.....g	4.119								
20:1.....g	0.012								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.487								
18:2 undifferentiated.....g	2.691								
18:3 undifferentiated.....g	0.492								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.164								
20:5 n-3.....g	0.012								
22:5 n-3.....g	0.035								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	86								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	0		0	Z					
Theobromine.....mg	0		0	Z					
Carotenoids:									
Carotene, beta.....mcg	0		0	Z					
Carotene, alpha.....mcg	0		0	Z					
Cryptoxanthin, beta.....mcg	0		0	Z					
Lycopene.....mcg	0		0	Z					
Lutein + zeaxanthin.....mcg	0		0	Z					

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

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

NDB No. 05157
Quail, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.180		0		1		4.556	16.929	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620		0		1		0.676	2.511	
17:1.....g									
18:1 undifferentiated.....g	3.520		0		1		3.837	14.256	
20:1.....g	0.010		0		1		0.011	0.041	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.980		0		1		3.248	12.069	
18:2 undifferentiated.....g	2.300		0		1		2.507	9.315	
18:3 undifferentiated.....g	0.420		0		1		0.458	1.701	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.153	0.567	
20:5 n-3.....g	0.010		0		1		0.011	0.041	
22:5 n-3.....g	0.030		0		1		0.033	0.122	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		4		83	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.288		0		1		0.314	1.166	
Threonine.....g	0.945		0		1		1.030	3.827	
Isoleucine.....g	1.013		0		1		1.104	4.103	
Leucine.....g	1.613		0		1		1.758	6.533	
Lysine.....g	1.645		0		1		1.793	6.662	
Methionine.....g	0.591		0		1		0.644	2.394	
Cystine.....g	0.340		0		1		0.371	1.377	
Phenylalanine.....g	0.826		0		1		0.900	3.345	
Tyrosine.....g	0.849		0		1		0.925	3.438	
Valine.....g	1.033		0		1		1.126	4.184	
Arginine.....g	1.279		0		1		1.394	5.180	
Histidine.....g	0.696		0		1		0.759	2.819	
Alanine.....g	1.260		0		1		1.373	5.103	
Aspartic acid.....g	1.652		0		1		1.801	6.691	
Glutamic acid.....g	2.530		0		1		2.758	10.247	
Glycine.....g	1.542		0		1		1.681	6.245	
Proline.....g	0.866		0		1		0.944	3.507	
Serine.....g	0.937		0		1		1.021	3.795	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 109g: 1 quail

Measure 2 = 405g: 1 unit (yield from 1 lb ready-to cook quail)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.280		0		1		1.178	4.378	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.221	0.821	
17:1.....g									
18:1 undifferentiated.....g	1.020		0		1		0.938	3.488	
20:1.....g	0.010		0		1		0.009	0.034	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0		1		1.076	4.001	
18:2 undifferentiated.....g	0.930		0		1		0.856	3.181	
18:3 undifferentiated.....g	0.020		0		1		0.018	0.068	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.110	0.410	
20:5 n-3.....g	0.010		0		1		0.009	0.034	
22:5 n-3.....g	0.020		0		1		0.018	0.068	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		4		64	239	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.341		0		1		0.314	1.166	
Threonine.....g	1.090		0		1		1.003	3.728	
Isoleucine.....g	1.187		0		1		1.092	4.060	
Leucine.....g	1.866		0		1		1.717	6.382	
Lysine.....g	1.905		0		1		1.753	6.515	
Methionine.....g	0.689		0		1		0.634	2.356	
Cystine.....g	0.380		0		1		0.350	1.300	
Phenylalanine.....g	0.944		0		1		0.868	3.228	
Tyrosine.....g	1.010		0		1		0.929	3.454	
Valine.....g	1.180		0		1		1.086	4.036	
Arginine.....g	1.379		0		1		1.269	4.716	
Histidine.....g	0.825		0		1		0.759	2.822	
Alanine.....g	1.341		0		1		1.234	4.586	
Aspartic acid.....g	1.814		0		1		1.669	6.204	
Glutamic acid.....g	2.820		0		1		2.594	9.644	
Glycine.....g	1.442		0		1		1.327	4.932	
Proline.....g	0.797		0		1		0.733	2.726	
Serine.....g	1.062		0		1		0.977	3.632	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 92g: 1 quail

Measure 2 = 342g: 1 unit (yield from 1 lb ready-to cook quail)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05162

Squab, (pigeon), light meat without skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.610		0		1		1.626	2.431	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		1		1		0.182	0.272	
17:1.....g									
18:1 undifferentiated.....g	1.430		1		1		1.444	2.159	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0		1		0.970	1.450	
18:2 undifferentiated.....g	0.620		1		1		0.626	0.936	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		1		1		0.141	0.211	
20:5 n-3.....g	0.010		1		1		0.010	0.015	
22:5 n-3.....g	0.060		1		1		0.061	0.091	
22:6 n-3.....g	0.020		1		1		0.020	0.030	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1		1		91	136	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.341		0		4		0.344	0.515	
Threonine.....g	1.090		0		4		1.101	1.646	
Isoleucine.....g	1.187		0		4		1.199	1.792	
Leucine.....g	1.866		0		4		1.885	2.818	
Lysine.....g	1.905		0		4		1.924	2.877	
Methionine.....g	0.689		0		4		0.696	1.040	
Cystine.....g	0.380		0		4		0.384	0.574	
Phenylalanine.....g	0.944		0		4		0.953	1.425	
Tyrosine.....g	1.010		0		4		1.020	1.525	
Valine.....g	1.180		0		4		1.192	1.782	
Arginine.....g	1.379		0		4		1.393	2.082	
Histidine.....g	0.825		0		4		0.833	1.246	
Alanine.....g	1.341		0		4		1.354	2.025	
Aspartic acid.....g	1.814		0		4		1.832	2.739	
Glutamic acid.....g	2.820		0		4		2.848	4.258	
Glycine.....g	1.442		0		4		1.456	2.177	
Proline.....g	0.797		0		4		0.805	1.203	
Serine.....g	1.062		0		4		1.073	1.604	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 101g: 1 breast, bone removed

Measure 2 = 151g: 1 unit (yield rom 1 lb ready-to-cook squab)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05160

Squab, (pigeon), meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	9.720		0		1		28.868	19.343	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.470		0		1		10.306	6.905	
17:1.....g									
18:1 undifferentiated.....g	6.260		0		1		18.592	12.457	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.070		0		1		9.118	6.109	
18:2 undifferentiated.....g	2.670		0		1		7.930	5.313	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.475	0.318	
20:5 n-3.....g	0.010		0		1		0.030	0.020	
22:5 n-3.....g	0.070		0		1		0.208	0.139	
22:6 n-3.....g	0.020		0		1		0.059	0.040	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		4		282	189	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		4		0.796	0.533	
Threonine.....g	0.884		0		4		2.625	1.759	
Isoleucine.....g	0.943		0		4		2.801	1.877	
Leucine.....g	1.506		0		4		4.473	2.997	
Lysine.....g	1.537		0		4		4.565	3.059	
Methionine.....g	0.552		0		4		1.639	1.098	
Cystine.....g	0.320		0		4		0.950	0.637	
Phenylalanine.....g	0.773		0		4		2.296	1.538	
Tyrosine.....g	0.789		0		4		2.343	1.570	
Valine.....g	0.967		0		4		2.872	1.924	
Arginine.....g	1.210		0		4		3.594	2.408	
Histidine.....g	0.647		0		4		1.922	1.288	
Alanine.....g	1.194		0		4		3.546	2.376	
Aspartic acid.....g	1.557		0		4		4.624	3.098	
Glutamic acid.....g	2.378		0		4		7.063	4.732	
Glycine.....g	1.491		0		4		4.428	2.967	
Proline.....g	0.839		0		4		2.492	1.670	
Serine.....g	0.878		0		4		2.608	1.747	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 297g: 1 unit (yield rom 1 lb ready-to-cook squab)

Measure 2 = 199g: 1 squab

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05161
Squab, (pigeon), meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.274		0		4		0.688	0.460	
Threonine.....g	0.876		0		4		2.199	1.472	
Isoleucine.....g	0.955		0		4		2.397	1.604	
Leucine.....g	1.501		0		4		3.768	2.522	
Lysine.....g	1.532		0		4		3.845	2.574	
Methionine.....g	0.554		0		4		1.391	0.931	
Cystine.....g	0.305		0		4		0.766	0.512	
Phenylalanine.....g	0.759		0		4		1.905	1.275	
Tyrosine.....g	0.812		0		4		2.038	1.364	
Valine.....g	0.949		0		4		2.382	1.594	
Arginine.....g	1.109		0		4		2.784	1.863	
Histidine.....g	0.664		0		4		1.667	1.116	
Alanine.....g	1.078		0		4		2.706	1.811	
Aspartic acid.....g	1.459		0		4		3.662	2.451	
Glutamic acid.....g	2.268		0		4		5.693	3.810	
Glycine.....g	1.159		0		4		2.909	1.947	
Proline.....g	0.641		0		4		1.609	1.077	
Serine.....g	0.854		0		4		2.144	1.435	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 251g: 1 unit (yield from 1 lb ready-to-cook squab)

Measure 2 = 168g: 1 squab

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

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									
Amino Acids:									
Tryptophan.....g	0.067		0		4		0.161	0.095	
Threonine.....g	0.262		0		4		0.629	0.372	
Isoleucine.....g	0.306		0		4		0.734	0.435	
Leucine.....g	0.469		0		4		1.126	0.666	
Lysine.....g	0.554		0		4		1.330	0.787	
Methionine.....g	0.170		0		4		0.408	0.241	
Cystine.....g	0.061		0		4		0.146	0.087	
Phenylalanine.....g	0.233		0		4		0.559	0.331	
Tyrosine.....g	0.232		0		4		0.557	0.329	
Valine.....g	0.312		0		4		0.749	0.443	
Arginine.....g	0.410		0		4		0.984	0.582	
Histidine.....g	0.183		0		4		0.439	0.260	
Alanine.....g	0.364		0		4		0.874	0.517	
Aspartic acid.....g	0.571		0		4		1.370	0.811	
Glutamic acid.....g	0.960		0		4		2.304	1.363	
Glycine.....g	0.292		0		4		0.701	0.415	
Proline.....g	0.245		0		4		0.588	0.348	
Serine.....g	0.262		0		4		0.629	0.372	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 142g: 1 package (net weight, 5 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 42130
Turkey bacon, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 82g: 1 cup pieces

Measure 2 = 28g: 1 oz

Measure 3 = 16g: 1 oz cooked, yield

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

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

NDB No. 05293

Turkey breast, pre-basted, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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		9.850		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		1.642		
17:1.....g									
18:1 undifferentiated.....g	0.920		0		1		7.949		
20:1.....g	0.010		0		1		0.086		
22:1 undifferentiated.....g	0.010		0		1		0.086		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840		0		1		7.258		
18:2 undifferentiated.....g	0.680		0		1		5.875		
18:3 undifferentiated.....g	0.040		0		1		0.346		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.691		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.010		0		1		0.086		
22:6 n-3.....g	0.010		0		1		0.086		
Fatty acids, total trans.....g									
Cholesterol.....mg	42	1.312	13		1		363		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		0		1		2.125		
Threonine.....g	0.967		0		1		8.355		
Isoleucine.....g	1.116		0		1		9.642		
Leucine.....g	1.725		0		1		14.904		
Lysine.....g	2.022		0		1		17.470		
Methionine.....g	0.623		0		1		5.383		
Cystine.....g	0.245		0		1		2.117		
Phenylalanine.....g	0.867		0		1		7.491		
Tyrosine.....g	0.845		0		1		7.301		
Valine.....g	1.155		0		1		9.979		
Arginine.....g	1.554		0		1		13.427		
Histidine.....g	0.668		0		1		5.772		
Alanine.....g	1.401		0		1		12.105		
Aspartic acid.....g	2.130		0		1		18.403		
Glutamic acid.....g	3.542		0		1		30.603		
Glycine.....g	1.287		0		1		11.120		
Proline.....g	1.007		0		1		8.700		
Serine.....g	0.976		0		1		8.433		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 864g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05292

Turkey patties, breaded, battered, fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.70	0.527	17		1		13.92	20.87	31.81
Energy.....kcal	283		0	NC	4		79	119	181
Energy.....kj	1184				4		332	497	758
Protein (N x 6.25).....g	14.00	0.121	17		1		3.92	5.88	8.96
Total lipid (fat).....g	18.00	0.196	17		1		5.04	7.56	11.52
Ash.....g	2.60	0.068	17		1		0.73	1.09	1.66
Carbohydrate, by difference.....g	15.70		0	NC	4		4.40	6.59	10.05
Fiber, total dietary.....g	0.5		0		4		0.1	0.2	0.3
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14	0.473	17		1		4	6	9
Iron, Fe.....mg	2.20	0.149	17		1		0.62	0.92	1.41
Magnesium, Mg.....mg	15		0		4		4	6	10
Phosphorus, P.....mg	270	6.219	17		1		76	113	173
Potassium, K.....mg	275	6.083	17		1		77	116	176
Sodium, Na.....mg	800	40.503	17		1		224	336	512
Zinc, Zn.....mg	1.44		0		4		0.40	0.60	0.92
Copper, Cu.....mg	0.070		0		4		0.020	0.029	0.045
Manganese, Mn.....mg	0.077		0		4		0.022	0.032	0.049
Selenium, Se.....mcg	19.9		0	PIE	4		5.6	8.4	12.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.100	0.003	17		1		0.028	0.042	0.064
Riboflavin.....mg	0.190	0.012	17		1		0.053	0.080	0.122
Niacin.....mg	2.300	0.095	17		1		0.644	0.966	1.472
Pantothenic acid.....mg	0.520		0		4		0.146	0.218	0.333
Vitamin B-6.....mg	0.200		0		4		0.056	0.084	0.128
Folate, total.....mcg	28		0	RA	4		8	12	18
Folic acid.....mcg	20		0	NC	4		6	8	13
Folate, food.....mcg	8		0		4		2	3	5
Folate, DFE.....mcg_DFE	42		0	NC	4		12	18	27
Vitamin B-12.....mcg	0.22		0		4		0.06	0.09	0.14
Vitamin A, IU.....IU	37		0	NC	4		10	15	23
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		3	5	7
Retinol.....mcg	11		0	NR	4		3	5	7
Vitamin E (alpha-tocopherol).....mg	1.26		0	PIK	4		0.35	0.53	0.81
Tocopherol, beta.....mg	0.02		0	PIK	4		0.01	0.01	0.01
Tocopherol, gamma.....mg	0.14		0	PIK	4		0.04	0.06	0.09
Tocopherol, delta.....mg	0.01		0	PIK	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.0		0	PIK	4		5.9	8.8	13.5
Lipids:									
Fatty acids, total saturated.....g	4.690		0		4		1.313	1.970	3.002
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.070		0		4		0.020	0.029	0.045
15:0.....g									
16:0.....g	2.650		0		4		0.742	1.113	1.696
17:0.....g									
18:0.....g	1.850		0		4		0.518	0.777	1.184
20:0.....g	0.001		0	PAK	1		0.000	0.000	0.001
22:0.....g	0.001		0	PAK	1		0.000	0.001	0.001
24:0.....g	0.000		0	PAK	1		0.000	0.000	0.000

NDB No. 05292

Turkey patties, breaded, battered, fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	7.470		0		4		2.092	3.137	4.781
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		4		0.022	0.034	0.051
17:1.....g									
18:1 undifferentiated.....g	7.380		0		4		2.066	3.100	4.723
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.710		0		4		1.319	1.978	3.014
18:2 undifferentiated.....g	4.310		0		4		1.207	1.810	2.758
18:3 undifferentiated.....g	0.260		0		4		0.073	0.109	0.166
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		4		0.025	0.038	0.058
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		4		17	26	40
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.167		0		4		0.047	0.070	0.107
Threonine.....g	0.598		0		4		0.167	0.251	0.383
Isoleucine.....g	0.716		0		4		0.200	0.301	0.458
Leucine.....g	1.116		0		4		0.312	0.469	0.714
Lysine.....g	1.161		0		4		0.325	0.488	0.743
Methionine.....g	0.382		0		4		0.107	0.160	0.244
Cystine.....g	0.174		0		4		0.049	0.073	0.111
Phenylalanine.....g	0.592		0		4		0.166	0.249	0.379
Tyrosine.....g	0.541		0		4		0.151	0.227	0.346
Valine.....g	0.740		0		4		0.207	0.311	0.474
Arginine.....g	0.913		0		4		0.256	0.383	0.584
Histidine.....g	0.416		0		4		0.116	0.175	0.266
Alanine.....g	0.800		0		4		0.224	0.336	0.512
Aspartic acid.....g	1.244		0		4		0.348	0.522	0.796
Glutamic acid.....g	2.754		0		4		0.771	1.157	1.763
Glycine.....g	0.660		0		4		0.185	0.277	0.422
Proline.....g	0.772		0		4		0.216	0.324	0.494
Serine.....g	0.665		0		4		0.186	0.279	0.426
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	39		0	NR	4		10.972	16.458	25.079

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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 16 (2003)

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 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	0.470		0		4		5.330	1.335	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		4		0.794	0.199	
17:1.....g									
18:1 undifferentiated.....g	0.380		0		4		4.309	1.079	
20:1.....g	0.010		0		4		0.113	0.028	
22:1 undifferentiated.....g	0.010		0		4		0.113	0.028	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		4		7.258	1.818	
18:2 undifferentiated.....g	0.490		0		4		5.557	1.392	
18:3 undifferentiated.....g	0.020		0		4		0.227	0.057	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		4		1.021	0.256	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		4		0.113	0.028	
22:6 n-3.....g	0.020		0		4		0.227	0.057	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		4		601	151	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		4		2.268	0.568	
Threonine.....g	0.782		0		4		8.868	2.221	
Isoleucine.....g	0.915		0		4		10.376	2.599	
Leucine.....g	1.402		0		4		15.899	3.982	
Lysine.....g	1.657		0		4		18.790	4.706	
Methionine.....g	0.509		0		4		5.772	1.446	
Cystine.....g	0.183		0		4		2.075	0.520	
Phenylalanine.....g	0.698		0		4		7.915	1.982	
Tyrosine.....g	0.695		0		4		7.881	1.974	
Valine.....g	0.934		0		4		10.592	2.653	
Arginine.....g	1.227		0		4		13.914	3.485	
Histidine.....g	0.549		0		4		6.226	1.559	
Alanine.....g	1.089		0		4		12.349	3.093	
Aspartic acid.....g	1.708		0		4		19.369	4.851	
Glutamic acid.....g	2.870		0		4		32.546	8.151	
Glycine.....g	0.872		0		4		9.888	2.476	
Proline.....g	0.731		0		4		8.290	2.076	
Serine.....g	0.782		0		4		8.868	2.221	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 1134g: 1 box (net weight, 2.5 lb)

Measure 2 = 284g: .25 box (net weight, 0.625 lb)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05296

Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.200		0		4		1.620	9.384	2.352
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		4		0.230	1.329	0.333
17:1.....g									
18:1 undifferentiated.....g	0.990		0		4		1.337	7.742	1.940
20:1.....g	0.020		0		4		0.027	0.156	0.039
22:1 undifferentiated.....g	0.020		0		4		0.027	0.156	0.039
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.660		0		4		2.241	12.981	3.254
18:2 undifferentiated.....g	1.260		0		4		1.701	9.853	2.470
18:3 undifferentiated.....g	0.040		0		4		0.054	0.313	0.078
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240		0		4		0.324	1.877	0.470
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.040		0		4		0.054	0.313	0.078
22:6 n-3.....g	0.050		0		4		0.068	0.391	0.098
Fatty acids, total trans.....g									
Cholesterol.....mg	53	4.689	4		1		72	414	104
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		4		0.327	1.892	0.474
Threonine.....g	0.948		0		4		1.280	7.413	1.858
Isoleucine.....g	1.109		0		4		1.497	8.672	2.174
Leucine.....g	1.698		0		4		2.292	13.278	3.328
Lysine.....g	2.009		0		4		2.712	15.710	3.938
Methionine.....g	0.617		0		4		0.833	4.825	1.209
Cystine.....g	0.222		0		4		0.300	1.736	0.435
Phenylalanine.....g	0.846		0		4		1.142	6.616	1.658
Tyrosine.....g	0.843		0		4		1.138	6.592	1.652
Valine.....g	1.132		0		4		1.528	8.852	2.219
Arginine.....g	1.487		0		4		2.007	11.628	2.915
Histidine.....g	0.665		0		4		0.898	5.200	1.303
Alanine.....g	1.320		0		4		1.782	10.322	2.587
Aspartic acid.....g	2.070		0		4		2.795	16.187	4.057
Glutamic acid.....g	3.479		0		4		4.697	27.206	6.819
Glycine.....g	1.057		0		4		1.427	8.266	2.072
Proline.....g	0.887		0		4		1.197	6.936	1.739
Serine.....g	0.948		0		4		1.280	7.413	1.858
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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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 16 (2003)

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									
Amino Acids:									
Tryptophan.....g	0.170		0		4		0.109		
Threonine.....g	0.606		0		4		0.388		
Isoleucine.....g	0.726		0		4		0.465		
Leucine.....g	1.134		0		4		0.726		
Lysine.....g	1.168		0		4		0.748		
Methionine.....g	0.387		0		4		0.248		
Cystine.....g	0.178		0		4		0.114		
Phenylalanine.....g	0.604		0		4		0.387		
Tyrosine.....g	0.549		0		4		0.351		
Valine.....g	0.751		0		4		0.481		
Arginine.....g	0.923		0		4		0.591		
Histidine.....g	0.421		0		4		0.269		
Alanine.....g	0.808		0		4		0.517		
Aspartic acid.....g	1.256		0		4		0.804		
Glutamic acid.....g	2.831		0		4		1.812		
Glycine.....g	0.668		0		4		0.428		
Proline.....g	0.798		0		4		0.511		
Serine.....g	0.679		0		4		0.435		
Hydroxyproline.....g									

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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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.530		0		1		7.944		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		1.256		
17:1.....g									
18:1 undifferentiated.....g	2.060		0		1		6.468		
20:1.....g	0.020		0		1		0.063		
22:1 undifferentiated.....g	0.010		0		1		0.031		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.350		0		1		7.379		
18:2 undifferentiated.....g	1.970		0		1		6.186		
18:3 undifferentiated.....g	0.100		0		1		0.314		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210		0		1		0.659		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.030		0		1		0.094		
22:6 n-3.....g	0.040		0		1		0.126		
Fatty acids, total trans.....g									
Cholesterol.....mg	62	5.653	6		1		195		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0		1		0.659		
Threonine.....g	0.824		0		1		2.587		
Isoleucine.....g	0.954		0		1		2.996		
Leucine.....g	1.471		0		1		4.619		
Lysine.....g	1.727		0		1		5.423		
Methionine.....g	0.532		0		1		1.670		
Cystine.....g	0.205		0		1		0.644		
Phenylalanine.....g	0.737		0		1		2.314		
Tyrosine.....g	0.722		0		1		2.267		
Valine.....g	0.984		0		1		3.090		
Arginine.....g	1.317		0		1		4.135		
Histidine.....g	0.571		0		1		1.793		
Alanine.....g	1.183		0		1		3.715		
Aspartic acid.....g	1.811		0		1		5.687		
Glutamic acid.....g	3.019		0		1		9.480		
Glycine.....g	1.057		0		1		3.319		
Proline.....g	0.838		0		1		2.631		
Serine.....g	0.830		0		1		2.606		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 314g: 1 thigh, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05190

Turkey, all classes, back, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.000		0		1		7.000	13.100	1.700
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.830		0		1		1.162	2.175	0.282
17:1.....g									
18:1 undifferentiated.....g	4.050		0		1		5.670	10.611	1.377
20:1.....g	0.020		0		1		0.028	0.052	0.007
22:1 undifferentiated.....g	0.010		0		1		0.014	0.026	0.003
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.700		0		1		5.180	9.694	1.258
18:2 undifferentiated.....g	3.180		0		1		4.452	8.332	1.081
18:3 undifferentiated.....g	0.190		0		1		0.266	0.498	0.065
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.322	0.603	0.078
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.079	0.010
22:6 n-3.....g	0.040		0		1		0.056	0.105	0.014
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		127	238	31
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.288		0		1		0.403	0.755	0.098
Threonine.....g	1.145		0		1		1.603	3.000	0.389
Isoleucine.....g	1.297		0		1		1.816	3.398	0.441
Leucine.....g	2.028		0		1		2.839	5.313	0.690
Lysine.....g	2.356		0		1		3.298	6.173	0.801
Methionine.....g	0.731		0		1		1.023	1.915	0.249
Cystine.....g	0.304		0		1		0.426	0.796	0.103
Phenylalanine.....g	1.029		0		1		1.441	2.696	0.350
Tyrosine.....g	0.978		0		1		1.369	2.562	0.333
Valine.....g	1.365		0		1		1.911	3.576	0.464
Arginine.....g	1.887		0		1		2.642	4.944	0.642
Histidine.....g	0.778		0		1		1.089	2.038	0.265
Alanine.....g	1.729		0		1		2.421	4.530	0.588
Aspartic acid.....g	2.549		0		1		3.569	6.678	0.867
Glutamic acid.....g	4.171		0		1		5.839	10.928	1.418
Glycine.....g	1.794		0		1		2.512	4.700	0.610
Proline.....g	1.329		0		1		1.861	3.482	0.452
Serine.....g	1.166		0		1		1.632	3.055	0.396
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

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

Measure 2 = 262g: .5 back, bone removed

Measure 3 = 34g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05190

Turkey, all classes, back, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05189

Turkey, all classes, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.195		0		1		0.704	0.092	
Threonine.....g	0.777		0		1		2.805	0.365	
Isoleucine.....g	0.876		0		1		3.162	0.412	
Leucine.....g	1.374		0		1		4.960	0.646	
Lysine.....g	1.592		0		1		5.747	0.748	
Methionine.....g	0.495		0		1		1.787	0.233	
Cystine.....g	0.209		0		1		0.754	0.098	
Phenylalanine.....g	0.699		0		1		2.523	0.329	
Tyrosine.....g	0.660		0		1		2.383	0.310	
Valine.....g	0.926		0		1		3.343	0.435	
Arginine.....g	1.288		0		1		4.650	0.605	
Histidine.....g	0.525		0		1		1.895	0.247	
Alanine.....g	1.185		0		1		4.278	0.557	
Aspartic acid.....g	1.734		0		1		6.260	0.815	
Glutamic acid.....g	2.827		0		1		10.205	1.329	
Glycine.....g	1.263		0		1		4.559	0.594	
Proline.....g	0.925		0		1		3.339	0.435	
Serine.....g	0.793		0		1		2.863	0.373	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 361g: .5 back, bone removed

Measure 2 = 47g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05192

Turkey, all classes, breast, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.450		0		1		2.744	21.168	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.448	3.456	
17:1.....g									
18:1 undifferentiated.....g	1.980		0		1		2.218	17.107	
20:1.....g	0.010		0		1		0.011	0.086	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.086	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		1		2.016	15.552	
18:2 undifferentiated.....g	1.450		0		1		1.624	12.528	
18:3 undifferentiated.....g	0.080		0		1		0.090	0.691	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.179	1.382	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.034	0.259	
22:6 n-3.....g	0.030		0		1		0.034	0.259	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		83	639	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		0.356	2.748	
Threonine.....g	1.257		0		1		1.408	10.860	
Isoleucine.....g	1.447		0		1		1.621	12.502	
Leucine.....g	2.240		0		1		2.509	19.354	
Lysine.....g	2.626		0		1		2.941	22.689	
Methionine.....g	0.811		0		1		0.908	7.007	
Cystine.....g	0.313		0		1		0.351	2.704	
Phenylalanine.....g	1.126		0		1		1.261	9.729	
Tyrosine.....g	1.096		0		1		1.228	9.469	
Valine.....g	1.500		0		1		1.680	12.960	
Arginine.....g	2.020		0		1		2.262	17.453	
Histidine.....g	0.868		0		1		0.972	7.500	
Alanine.....g	1.822		0		1		2.041	15.742	
Aspartic acid.....g	2.771		0		1		3.104	23.941	
Glutamic acid.....g	4.597		0		1		5.149	39.718	
Glycine.....g	1.677		0		1		1.878	14.489	
Proline.....g	1.313		0		1		1.471	11.344	
Serine.....g	1.268		0		1		1.420	10.956	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 112g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 864g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05191

Turkey, all classes, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		3.884	30.111	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.657	5.094	
17:1.....g									
18:1 undifferentiated.....g	2.150		0		1		3.139	24.338	
20:1.....g	0.010		0		1		0.015	0.113	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.113	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.660		0		1		2.424	18.791	
18:2 undifferentiated.....g	1.410		0		1		2.059	15.961	
18:3 undifferentiated.....g	0.090		0		1		0.131	1.019	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.131	1.019	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.015	0.113	
22:6 n-3.....g	0.010		0		1		0.015	0.113	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		95	736	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		1		0.353	2.739	
Threonine.....g	0.957		0		1		1.397	10.833	
Isoleucine.....g	1.099		0		1		1.605	12.441	
Leucine.....g	1.704		0		1		2.488	19.289	
Lysine.....g	1.996		0		1		2.914	22.595	
Methionine.....g	0.616		0		1		0.899	6.973	
Cystine.....g	0.240		0		1		0.350	2.717	
Phenylalanine.....g	0.857		0		1		1.251	9.701	
Tyrosine.....g	0.832		0		1		1.215	9.418	
Valine.....g	1.141		0		1		1.666	12.916	
Arginine.....g	1.541		0		1		2.250	17.444	
Histidine.....g	0.660		0		1		0.964	7.471	
Alanine.....g	1.392		0		1		2.032	15.757	
Aspartic acid.....g	2.111		0		1		3.082	23.897	
Glutamic acid.....g	3.497		0		1		5.106	39.586	
Glycine.....g	1.299		0		1		1.897	14.705	
Proline.....g	1.011		0		1		1.476	11.445	
Serine.....g	0.966		0		1		1.410	10.935	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 1132g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05188

Turkey, all classes, dark meat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.640		0		1		2.296	1.492	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.336	0.218	
17:1.....g									
18:1 undifferentiated.....g	1.350		0		1		1.890	1.229	
20:1.....g	0.030		0		1		0.042	0.027	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.018	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.160		0		1		3.024	1.966	
18:2 undifferentiated.....g	1.750		0		1		2.450	1.593	
18:3 undifferentiated.....g	0.070		0		1		0.098	0.064	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.364	0.237	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.056	0.036	
22:6 n-3.....g	0.060		0		1		0.084	0.055	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		119	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.325		0		1		0.455	0.296	
Threonine.....g	1.271		0		1		1.779	1.157	
Isoleucine.....g	1.485		0		1		2.079	1.351	
Leucine.....g	2.276		0		1		3.186	2.071	
Lysine.....g	2.693		0		1		3.770	2.451	
Methionine.....g	0.828		0		1		1.159	0.753	
Cystine.....g	0.297		0		1		0.416	0.270	
Phenylalanine.....g	1.134		0		1		1.588	1.032	
Tyrosine.....g	1.129		0		1		1.581	1.027	
Valine.....g	1.518		0		1		2.125	1.381	
Arginine.....g	1.993		0		1		2.790	1.814	
Histidine.....g	0.892		0		1		1.249	0.812	
Alanine.....g	1.769		0		1		2.477	1.610	
Aspartic acid.....g	2.775		0		1		3.885	2.525	
Glutamic acid.....g	4.663		0		1		6.528	4.243	
Glycine.....g	1.417		0		1		1.984	1.289	
Proline.....g	1.188		0		1		1.663	1.081	
Serine.....g	1.271		0		1		1.779	1.157	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

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

NDB No. 05188

Turkey, all classes, dark meat, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05184

Turkey, all classes, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.650		0		1		5.110	3.796	29.492
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.826	0.614	4.767
17:1.....g									
18:1 undifferentiated.....g	2.970		0		1		4.158	3.089	23.998
20:1.....g	0.020		0		1		0.028	0.021	0.162
22:1 undifferentiated.....g	0.020		0		1		0.028	0.021	0.162
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.090		0		1		4.326	3.214	24.967
18:2 undifferentiated.....g	2.610		0		1		3.654	2.714	21.089
18:3 undifferentiated.....g	0.140		0		1		0.196	0.146	1.131
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240		0		1		0.336	0.250	1.939
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.031	0.242
22:6 n-3.....g	0.050		0		1		0.070	0.052	0.404
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		125	93	719
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.304		0		1		0.426	0.316	2.456
Threonine.....g	1.200		0		1		1.680	1.248	9.696
Isoleucine.....g	1.379		0		1		1.931	1.434	11.142
Leucine.....g	2.138		0		1		2.993	2.224	17.275
Lysine.....g	2.503		0		1		3.504	2.603	20.224
Methionine.....g	0.774		0		1		1.084	0.805	6.254
Cystine.....g	0.302		0		1		0.423	0.314	2.440
Phenylalanine.....g	1.076		0		1		1.506	1.119	8.694
Tyrosine.....g	1.044		0		1		1.462	1.086	8.436
Valine.....g	1.432		0		1		2.005	1.489	11.571
Arginine.....g	1.936		0		1		2.710	2.013	15.643
Histidine.....g	0.828		0		1		1.159	0.861	6.690
Alanine.....g	1.750		0		1		2.450	1.820	14.140
Aspartic acid.....g	2.650		0		1		3.710	2.756	21.412
Glutamic acid.....g	4.388		0		1		6.143	4.564	35.455
Glycine.....g	1.641		0		1		2.297	1.707	13.259
Proline.....g	1.274		0		1		1.784	1.325	10.294
Serine.....g	1.213		0		1		1.698	1.262	9.801
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

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

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 808g: .5 turkey, bone removed

NDB No. 05184

Turkey, all classes, dark meat, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05183

Turkey, all classes, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	3.000		0		1		4.560	35.280	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.760	5.880	
17:1.....g									
18:1 undifferentiated.....g	2.430		0		1		3.694	28.577	
20:1.....g	0.010		0		1		0.015	0.118	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.118	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0		1		3.466	26.813	
18:2 undifferentiated.....g	1.950		0		1		2.964	22.932	
18:3 undifferentiated.....g	0.110		0		1		0.167	1.294	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.228	1.764	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.030	0.235	
22:6 n-3.....g	0.030		0		1		0.046	0.353	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		109	847	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0		1		0.318	2.458	
Threonine.....g	0.826		0		1		1.256	9.714	
Isoleucine.....g	0.950		0		1		1.444	11.172	
Leucine.....g	1.472		0		1		2.237	17.311	
Lysine.....g	1.724		0		1		2.620	20.274	
Methionine.....g	0.533		0		1		0.810	6.268	
Cystine.....g	0.208		0		1		0.316	2.446	
Phenylalanine.....g	0.741		0		1		1.126	8.714	
Tyrosine.....g	0.719		0		1		1.093	8.455	
Valine.....g	0.986		0		1		1.499	11.595	
Arginine.....g	1.332		0		1		2.025	15.664	
Histidine.....g	0.570		0		1		0.866	6.703	
Alanine.....g	1.204		0		1		1.830	14.159	
Aspartic acid.....g	1.824		0		1		2.772	21.450	
Glutamic acid.....g	3.021		0		1		4.592	35.527	
Glycine.....g	1.125		0		1		1.710	13.230	
Proline.....g	0.875		0		1		1.330	10.290	
Serine.....g	0.835		0		1		1.269	9.820	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1176g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05187
Turkey, all classes, dark meat, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.990		0		1		1.307	10.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.198	1.526	
17:1.....g									
18:1 undifferentiated.....g	0.820		0		1		1.082	8.339	
20:1.....g	0.020		0		1		0.026	0.203	
22:1 undifferentiated.....g	0.010		0		1		0.013	0.102	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.310		0		1		1.729	13.323	
18:2 undifferentiated.....g	1.060		0		1		1.399	10.780	
18:3 undifferentiated.....g	0.040		0		1		0.053	0.407	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.211	1.627	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.026	0.203	
22:6 n-3.....g	0.030		0		1		0.040	0.305	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		91	702	
Phytosterols.....mg									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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

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	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.006		0	PAK	1		0.008	0.001	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.247		0	PAK	1		0.358	0.025	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3.....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3.....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	PAK	1		0.000	0.000	
Cholesterol.....mg	289		0	PAK	1		419	29	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PAK	1		0.000	0.000	
Carotene, alpha.....mcg	0		0	PAK	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PAK	1		0.000	0.000	
Lycopene.....mcg	3		0	PAK	1		4.640	0.320	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

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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 16 (2003)

NDB No. 05171
Turkey, all classes, giblets, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.910		0		1		0.146	2.220	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.026	0.390	
17:1.....g									
18:1 undifferentiated.....g	0.730		0		1		0.117	1.781	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0		1		0.165	2.513	
18:2 undifferentiated.....g	0.710		0		1		0.114	1.732	
18:3 undifferentiated.....g	0.010		0		1		0.002	0.024	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.270		0		1		0.043	0.659	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	282		0		1		45	688	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.036	0.549	
Threonine.....g	0.877		0		1		0.140	2.140	
Isoleucine.....g	0.977		0		1		0.156	2.384	
Leucine.....g	1.564		0		1		0.250	3.816	
Lysine.....g	1.425		0		1		0.228	3.477	
Methionine.....g	0.482		0		1		0.077	1.176	
Cystine.....g	0.258		0		1		0.041	0.630	
Phenylalanine.....g	0.881		0		1		0.141	2.150	
Tyrosine.....g	0.640		0		1		0.102	1.562	
Valine.....g	1.046		0		1		0.167	2.552	
Arginine.....g	1.286		0		1		0.206	3.138	
Histidine.....g	0.457		0		1		0.073	1.115	
Alanine.....g	0.970		0		1		0.155	2.367	
Aspartic acid.....g	1.818		0		1		0.291	4.436	
Glutamic acid.....g	2.913		0		1		0.466	7.108	
Glycine.....g	1.070		0		1		0.171	2.611	
Proline.....g	0.984		0		1		0.157	2.401	
Serine.....g	0.843		0		1		0.135	2.057	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 244g: 1 giblets

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05194

Turkey, all classes, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.870		0		1		2.038	15.670	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.327	2.512	
17:1.....g									
18:1 undifferentiated.....g	2.340		0		1		1.661	12.776	
20:1.....g	0.030		0		1		0.021	0.164	
22:1 undifferentiated.....g	0.020		0		1		0.014	0.109	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.720		0		1		1.931	14.851	
18:2 undifferentiated.....g	2.270		0		1		1.612	12.394	
18:3 undifferentiated.....g	0.110		0		1		0.078	0.601	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240		0		1		0.170	1.310	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.021	0.164	
22:6 n-3.....g	0.050		0		1		0.036	0.273	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		60	464	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.221	1.698	
Threonine.....g	1.225		0		1		0.870	6.689	
Isoleucine.....g	1.417		0		1		1.006	7.737	
Leucine.....g	2.187		0		1		1.553	11.941	
Lysine.....g	2.571		0		1		1.825	14.038	
Methionine.....g	0.793		0		1		0.563	4.330	
Cystine.....g	0.300		0		1		0.213	1.638	
Phenylalanine.....g	1.096		0		1		0.778	5.984	
Tyrosine.....g	1.074		0		1		0.763	5.864	
Valine.....g	1.463		0		1		1.039	7.988	
Arginine.....g	1.956		0		1		1.389	10.680	
Histidine.....g	0.850		0		1		0.604	4.641	
Alanine.....g	1.756		0		1		1.247	9.588	
Aspartic acid.....g	2.695		0		1		1.913	14.715	
Glutamic acid.....g	4.486		0		1		3.185	24.494	
Glycine.....g	1.559		0		1		1.107	8.512	
Proline.....g	1.242		0		1		0.882	6.781	
Serine.....g	1.233		0		1		0.875	6.732	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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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 16 (2003)

NDB No. 05193

Turkey, all classes, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.060		0		1		2.163	16.810	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.347	2.693	
17:1.....g									
18:1 undifferentiated.....g	1.680		0		1		1.764	13.709	
20:1.....g	0.020		0		1		0.021	0.163	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.082	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.830		0		1		1.922	14.933	
18:2 undifferentiated.....g	1.540		0		1		1.617	12.566	
18:3 undifferentiated.....g	0.080		0		1		0.084	0.653	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.158	1.224	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.163	
22:6 n-3.....g	0.030		0		1		0.032	0.245	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		75	579	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.230	1.787	
Threonine.....g	0.861		0		1		0.904	7.026	
Isoleucine.....g	0.998		0		1		1.048	8.144	
Leucine.....g	1.537		0		1		1.614	12.542	
Lysine.....g	1.809		0		1		1.899	14.761	
Methionine.....g	0.557		0		1		0.585	4.545	
Cystine.....g	0.209		0		1		0.219	1.705	
Phenylalanine.....g	0.769		0		1		0.807	6.275	
Tyrosine.....g	0.757		0		1		0.795	6.177	
Valine.....g	1.028		0		1		1.079	8.388	
Arginine.....g	1.370		0		1		1.439	11.179	
Histidine.....g	0.598		0		1		0.628	4.880	
Alanine.....g	1.228		0		1		1.289	10.020	
Aspartic acid.....g	1.890		0		1		1.985	15.422	
Glutamic acid.....g	3.152		0		1		3.310	25.720	
Glycine.....g	1.070		0		1		1.124	8.731	
Proline.....g	0.861		0		1		0.904	7.026	
Serine.....g	0.866		0		1		0.909	7.067	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 816g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05186

Turkey, all classes, light meat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.560		0		1		0.784	0.655	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.098	0.082	
17:1.....g									
18:1 undifferentiated.....g	0.460		0		1		0.644	0.538	
20:1.....g	0.010		0		1		0.014	0.012	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0		1		1.204	1.006	
18:2 undifferentiated.....g	0.570		0		1		0.798	0.667	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.012	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.238	0.199	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.035	
22:6 n-3.....g	0.030		0		1		0.042	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		97	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0		1		0.476	0.398	
Threonine.....g	1.330		0		1		1.862	1.556	
Isoleucine.....g	1.555		0		1		2.177	1.819	
Leucine.....g	2.383		0		1		3.336	2.788	
Lysine.....g	2.818		0		1		3.945	3.297	
Methionine.....g	0.866		0		1		1.212	1.013	
Cystine.....g	0.311		0		1		0.435	0.364	
Phenylalanine.....g	1.187		0		1		1.662	1.389	
Tyrosine.....g	1.182		0		1		1.655	1.383	
Valine.....g	1.588		0		1		2.223	1.858	
Arginine.....g	2.086		0		1		2.920	2.441	
Histidine.....g	0.933		0		1		1.306	1.092	
Alanine.....g	1.851		0		1		2.591	2.166	
Aspartic acid.....g	2.904		0		1		4.066	3.398	
Glutamic acid.....g	4.880		0		1		6.832	5.710	
Glycine.....g	1.483		0		1		2.076	1.735	
Proline.....g	1.244		0		1		1.742	1.455	
Serine.....g	1.330		0		1		1.862	1.556	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05186

Turkey, all classes, light meat, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05182

Turkey, all classes, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.840		0		1		3.976	3.862	29.820
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		0		1		0.658	0.639	4.935
17:1.....g									
18:1 undifferentiated.....g	2.290		0		1		3.206	3.114	24.045
20:1.....g	0.010		0		1		0.014	0.014	0.105
22:1 undifferentiated.....g	0.010		0		1		0.014	0.014	0.105
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.010		0		1		2.814	2.734	21.105
18:2 undifferentiated.....g	1.640		0		1		2.296	2.230	17.220
18:3 undifferentiated.....g	0.100		0		1		0.140	0.136	1.050
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.224	0.218	1.680
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.041	0.315
22:6 n-3.....g	0.030		0		1		0.042	0.041	0.315
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		106	103	798
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.315		0		1		0.441	0.428	3.308
Threonine.....g	1.247		0		1		1.746	1.696	13.094
Isoleucine.....g	1.432		0		1		2.005	1.948	15.036
Leucine.....g	2.220		0		1		3.108	3.019	23.310
Lysine.....g	2.599		0		1		3.639	3.535	27.290
Methionine.....g	0.803		0		1		1.124	1.092	8.432
Cystine.....g	0.314		0		1		0.440	0.427	3.297
Phenylalanine.....g	1.117		0		1		1.564	1.519	11.729
Tyrosine.....g	1.084		0		1		1.518	1.474	11.382
Valine.....g	1.487		0		1		2.082	2.022	15.614
Arginine.....g	2.013		0		1		2.818	2.738	21.137
Histidine.....g	0.859		0		1		1.203	1.168	9.020
Alanine.....g	1.821		0		1		2.549	2.477	19.121
Aspartic acid.....g	2.754		0		1		3.856	3.745	28.917
Glutamic acid.....g	4.558		0		1		6.381	6.199	47.859
Glycine.....g	1.714		0		1		2.400	2.331	17.997
Proline.....g	1.328		0		1		1.859	1.806	13.944
Serine.....g	1.261		0		1		1.765	1.715	13.241
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

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

Measure 2 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1050g: .5 turkey, bone removed

NDB No. 05182

Turkey, all classes, light meat, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05181

Turkey, all classes, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.239		0		1		0.430	3.317	
Threonine.....g	0.944		0		1		1.699	13.103	
Isoleucine.....g	1.083		0		1		1.949	15.032	
Leucine.....g	1.680		0		1		3.024	23.318	
Lysine.....g	1.966		0		1		3.539	27.288	
Methionine.....g	0.608		0		1		1.094	8.439	
Cystine.....g	0.238		0		1		0.428	3.303	
Phenylalanine.....g	0.846		0		1		1.523	11.742	
Tyrosine.....g	0.820		0		1		1.476	11.382	
Valine.....g	1.126		0		1		2.027	15.629	
Arginine.....g	1.525		0		1		2.745	21.167	
Histidine.....g	0.650		0		1		1.170	9.022	
Alanine.....g	1.380		0		1		2.484	19.154	
Aspartic acid.....g	2.085		0		1		3.753	28.940	
Glutamic acid.....g	3.449		0		1		6.208	47.872	
Glycine.....g	1.306		0		1		2.351	18.127	
Proline.....g	1.009		0		1		1.816	14.005	
Serine.....g	0.954		0		1		1.717	13.242	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 180g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1388g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05185
Turkey, all classes, light meat, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.268		0		1		0.402	3.098	
Threonine.....g	1.048		0		1		1.572	12.115	
Isoleucine.....g	1.225		0		1		1.838	14.161	
Leucine.....g	1.877		0		1		2.816	21.698	
Lysine.....g	2.220		0		1		3.330	25.663	
Methionine.....g	0.682		0		1		1.023	7.884	
Cystine.....g	0.245		0		1		0.368	2.832	
Phenylalanine.....g	0.935		0		1		1.403	10.809	
Tyrosine.....g	0.931		0		1		1.397	10.762	
Valine.....g	1.251		0		1		1.877	14.462	
Arginine.....g	1.643		0		1		2.465	18.993	
Histidine.....g	0.735		0		1		1.103	8.497	
Alanine.....g	1.458		0		1		2.187	16.854	
Aspartic acid.....g	2.288		0		1		3.432	26.449	
Glutamic acid.....g	3.844		0		1		5.766	44.437	
Glycine.....g	1.169		0		1		1.754	13.514	
Proline.....g	0.980		0		1		1.470	11.329	
Serine.....g	1.048		0		1		1.572	12.115	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 150g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1156g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05164

Turkey, all classes, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		7.930	122.702	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		1.300	20.115	
17:1.....g									
18:1 undifferentiated.....g	2.470		0		1		6.422	99.368	
20:1.....g	0.020		0		1		0.052	0.805	
22:1 undifferentiated.....g	0.010		0		1		0.026	0.402	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.420		0		1		6.292	97.357	
18:2 undifferentiated.....g	2.000		0		1		5.200	80.460	
18:3 undifferentiated.....g	0.110		0		1		0.286	4.425	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.520	8.046	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.078	1.207	
22:6 n-3.....g	0.040		0		1		0.104	1.609	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		1		247	3822	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.806	12.471	
Threonine.....g	1.225		0		1		3.185	49.282	
Isoleucine.....g	1.406		0		1		3.656	56.563	
Leucine.....g	2.180		0		1		5.668	87.701	
Lysine.....g	2.532		0		1		6.583	101.862	
Methionine.....g	0.784		0		1		2.038	31.540	
Cystine.....g	0.309		0		1		0.803	12.431	
Phenylalanine.....g	1.102		0		1		2.865	44.333	
Tyrosine.....g	1.058		0		1		2.751	42.563	
Valine.....g	1.461		0		1		3.799	58.776	
Arginine.....g	1.967		0		1		5.114	79.132	
Histidine.....g	0.836		0		1		2.174	33.632	
Alanine.....g	1.767		0		1		4.594	71.086	
Aspartic acid.....g	2.696		0		1		7.010	108.460	
Glutamic acid.....g	4.460		0		1		11.596	179.426	
Glycine.....g	1.660		0		1		4.316	66.782	
Proline.....g	1.299		0		1		3.377	52.259	
Serine.....g	1.235		0		1		3.211	49.684	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 260g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 4023g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05163

Turkey, all classes, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	2.760		0		1		153.290		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		25.548		
17:1.....g									
18:1 undifferentiated.....g	2.230		0		1		123.854		
20:1.....g	0.010		0		1		0.555		
22:1 undifferentiated.....g	0.010		0		1		0.555		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.930		0		1		107.192		
18:2 undifferentiated.....g	1.640		0		1		91.086		
18:3 undifferentiated.....g	0.100		0		1		5.554		
18:4.....g	0.000		0	z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		6.665		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.020		0		1		1.111		
22:6 n-3.....g	0.020		0		1		1.111		
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0		1		4332		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		12.552		
Threonine.....g	0.891		0		1		49.486		
Isoleucine.....g	1.022		0		1		56.762		
Leucine.....g	1.586		0		1		88.086		
Lysine.....g	1.840		0		1		102.194		
Methionine.....g	0.570		0		1		31.658		
Cystine.....g	0.225		0		1		12.497		
Phenylalanine.....g	0.803		0		1		44.599		
Tyrosine.....g	0.770		0		1		42.766		
Valine.....g	1.063		0		1		59.039		
Arginine.....g	1.431		0		1		79.478		
Histidine.....g	0.608		0		1		33.768		
Alanine.....g	1.285		0		1		71.369		
Aspartic acid.....g	1.961		0		1		108.914		
Glutamic acid.....g	3.243		0		1		180.116		
Glycine.....g	1.212		0		1		67.314		
Proline.....g	0.948		0		1		52.652		
Serine.....g	0.898		0		1		49.875		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 5554g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05166

Turkey, all classes, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.190		0		1		4.466	7.656	59.238
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		0.728	1.248	9.656
17:1.....g									
18:1 undifferentiated.....g	2.590		0		1		3.626	6.216	48.096
20:1.....g	0.020		0		1		0.028	0.048	0.371
22:1 undifferentiated.....g	0.010		0		1		0.014	0.024	0.186
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.480		0		1		3.472	5.952	46.054
18:2 undifferentiated.....g	2.060		0		1		2.884	4.944	38.254
18:3 undifferentiated.....g	0.110		0		1		0.154	0.264	2.043
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.280	0.480	3.714
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.072	0.557
22:6 n-3.....g	0.040		0		1		0.056	0.096	0.743
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		115	197	1523
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.435	0.746	5.775
Threonine.....g	1.227		0		1		1.718	2.945	22.785
Isoleucine.....g	1.409		0		1		1.973	3.382	26.165
Leucine.....g	2.184		0		1		3.058	5.242	40.557
Lysine.....g	2.557		0		1		3.580	6.137	47.483
Methionine.....g	0.790		0		1		1.106	1.896	14.670
Cystine.....g	0.308		0		1		0.431	0.739	5.720
Phenylalanine.....g	1.100		0		1		1.540	2.640	20.427
Tyrosine.....g	1.066		0		1		1.492	2.558	19.796
Valine.....g	1.464		0		1		2.050	3.514	27.186
Arginine.....g	1.979		0		1		2.771	4.750	36.750
Histidine.....g	0.845		0		1		1.183	2.028	15.692
Alanine.....g	1.790		0		1		2.506	4.296	33.240
Aspartic acid.....g	2.709		0		1		3.793	6.502	50.306
Glutamic acid.....g	4.484		0		1		6.278	10.762	83.268
Glycine.....g	1.682		0		1		2.355	4.037	31.235
Proline.....g	1.304		0		1		1.826	3.130	24.215
Serine.....g	1.240		0		1		1.736	2.976	23.027
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

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

Measure 2 = 240g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1857g: .5 turkey, bone removed

NDB No. 05166

Turkey, all classes, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05165

Turkey, all classes, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.900		0		1		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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 332g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2565g: .5 turkey, bone removed

NDB No. 05165

Turkey, all classes, meat and skin, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05168

Turkey, all classes, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.030		0		1		1.442	2.142	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.210	0.312	
17:1.....g									
18:1 undifferentiated.....g	0.850		0		1		1.190	1.768	
20:1.....g	0.020		0		1		0.028	0.042	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.042	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.430		0		1		2.002	2.974	
18:2 undifferentiated.....g	1.080		0		1		1.512	2.246	
18:3 undifferentiated.....g	0.040		0		1		0.056	0.083	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210		0		1		0.294	0.437	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.062	
22:6 n-3.....g	0.040		0		1		0.056	0.083	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		106	158	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.333		0		1		0.466	0.693	
Threonine.....g	1.304		0		1		1.826	2.712	
Isoleucine.....g	1.525		0		1		2.135	3.172	
Leucine.....g	2.336		0		1		3.270	4.859	
Lysine.....g	2.763		0		1		3.868	5.747	
Methionine.....g	0.849		0		1		1.189	1.766	
Cystine.....g	0.305		0		1		0.427	0.634	
Phenylalanine.....g	1.164		0		1		1.630	2.421	
Tyrosine.....g	1.159		0		1		1.623	2.411	
Valine.....g	1.557		0		1		2.180	3.239	
Arginine.....g	2.045		0		1		2.863	4.254	
Histidine.....g	0.915		0		1		1.281	1.903	
Alanine.....g	1.815		0		1		2.541	3.775	
Aspartic acid.....g	2.847		0		1		3.986	5.922	
Glutamic acid.....g	4.785		0		1		6.699	9.953	
Glycine.....g	1.454		0		1		2.036	3.024	
Proline.....g	1.220		0		1		1.708	2.538	
Serine.....g	1.304		0		1		1.826	2.712	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

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

Measure 2 = 208g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05168

Turkey, all classes, meat only, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05167

Turkey, all classes, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.610		0		1		1.714	13.261	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0		1		0.253	1.957	
17:1.....g									
18:1 undifferentiated.....g	0.500		0		1		1.405	10.870	
20:1.....g	0.010		0		1		0.028	0.217	
22:1 undifferentiated.....g	0.010		0		1		0.028	0.217	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0		1		2.332	18.044	
18:2 undifferentiated.....g	0.640		0		1		1.798	13.914	
18:3 undifferentiated.....g	0.020		0		1		0.056	0.435	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.337	2.609	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.056	0.435	
22:6 n-3.....g	0.020		0		1		0.056	0.435	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		183	1413	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.694	5.370	
Threonine.....g	0.968		0		1		2.720	21.044	
Isoleucine.....g	1.132		0		1		3.181	24.610	
Leucine.....g	1.735		0		1		4.875	37.719	
Lysine.....g	2.051		0		1		5.763	44.589	
Methionine.....g	0.630		0		1		1.770	13.696	
Cystine.....g	0.226		0		1		0.635	4.913	
Phenylalanine.....g	0.864		0		1		2.428	18.783	
Tyrosine.....g	0.860		0		1		2.417	18.696	
Valine.....g	1.156		0		1		3.248	25.131	
Arginine.....g	1.518		0		1		4.266	33.001	
Histidine.....g	0.679		0		1		1.908	14.761	
Alanine.....g	1.348		0		1		3.788	29.306	
Aspartic acid.....g	2.114		0		1		5.940	45.958	
Glutamic acid.....g	3.552		0		1		9.981	77.220	
Glycine.....g	1.079		0		1		3.032	23.457	
Proline.....g	0.905		0		1		2.543	19.675	
Serine.....g	0.968		0		1		2.720	21.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 281g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2174g: .5 turkey, bone and skin removed

NDB No. 05167

Turkey, all classes, meat only, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05180

Turkey, all classes, neck, meat only, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.650		0		1		0.165	2.508	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.024	0.365	
17:1.....g									
18:1 undifferentiated.....g	1.360		0		1		0.136	2.067	
20:1.....g	0.030		0		1		0.003	0.046	
22:1 undifferentiated.....g	0.020		0		1		0.002	0.030	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.180		0		1		0.218	3.314	
18:2 undifferentiated.....g	1.760		0		1		0.176	2.675	
18:3 undifferentiated.....g	0.070		0		1		0.007	0.106	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.026	0.395	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.004	0.061	
22:6 n-3.....g	0.060		0		1		0.006	0.091	
Fatty acids, total trans.....g									
Cholesterol.....mg	122	6.652	9		1		12	185	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.031	0.464	
Threonine.....g	1.194		0		1		0.119	1.815	
Isoleucine.....g	1.396		0		1		0.140	2.122	
Leucine.....g	2.138		0		1		0.214	3.250	
Lysine.....g	2.529		0		1		0.253	3.844	
Methionine.....g	0.777		0		1		0.078	1.181	
Cystine.....g	0.279		0		1		0.028	0.424	
Phenylalanine.....g	1.065		0		1		0.107	1.619	
Tyrosine.....g	1.061		0		1		0.106	1.613	
Valine.....g	1.426		0		1		0.143	2.168	
Arginine.....g	1.872		0		1		0.187	2.845	
Histidine.....g	0.837		0		1		0.084	1.272	
Alanine.....g	1.662		0		1		0.166	2.526	
Aspartic acid.....g	2.606		0		1		0.261	3.961	
Glutamic acid.....g	4.379		0		1		0.438	6.656	
Glycine.....g	1.331		0		1		0.133	2.023	
Proline.....g	1.117		0		1		0.112	1.698	
Serine.....g	1.194		0		1		0.119	1.815	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 10.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 152g: 1 neck, bone and skin removed

NDB No. 05180

Turkey, all classes, neck, meat only, cooked, simmered

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05179

Turkey, all classes, neck, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.229		0		1		0.027	0.412	
Threonine.....g	0.896		0		1		0.108	1.613	
Isoleucine.....g	1.047		0		1		0.126	1.885	
Leucine.....g	1.605		0		1		0.193	2.889	
Lysine.....g	1.898		0		1		0.228	3.416	
Methionine.....g	0.583		0		1		0.070	1.049	
Cystine.....g	0.210		0		1		0.025	0.378	
Phenylalanine.....g	0.799		0		1		0.096	1.438	
Tyrosine.....g	0.796		0		1		0.096	1.433	
Valine.....g	1.070		0		1		0.128	1.926	
Arginine.....g	1.405		0		1		0.169	2.529	
Histidine.....g	0.629		0		1		0.075	1.132	
Alanine.....g	1.247		0		1		0.150	2.245	
Aspartic acid.....g	1.956		0		1		0.235	3.521	
Glutamic acid.....g	3.286		0		1		0.394	5.915	
Glycine.....g	0.999		0		1		0.120	1.798	
Proline.....g	0.838		0		1		0.101	1.508	
Serine.....g	0.896		0		1		0.108	1.613	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 180g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05170

Turkey, all classes, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	16.900		0		1		5.408	41.912	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.930		0		1		0.938	7.266	
17:1.....g									
18:1 undifferentiated.....g	13.610		0		1		4.355	33.753	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.080		0		1		2.906	22.518	
18:2 undifferentiated.....g	8.210		0		1		2.627	20.361	
18:3 undifferentiated.....g	0.610		0		1		0.195	1.513	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.035	0.273	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	113		0		1		36	280	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.157		0		1		0.050	0.389	
Threonine.....g	0.703		0		1		0.225	1.743	
Isoleucine.....g	0.634		0		1		0.203	1.572	
Leucine.....g	1.156		0		1		0.370	2.867	
Lysine.....g	1.176		0		1		0.376	2.916	
Methionine.....g	0.394		0		1		0.126	0.977	
Cystine.....g	0.328		0		1		0.105	0.813	
Phenylalanine.....g	0.665		0		1		0.213	1.649	
Tyrosine.....g	0.448		0		1		0.143	1.111	
Valine.....g	0.829		0		1		0.265	2.056	
Arginine.....g	1.519		0		1		0.486	3.767	
Histidine.....g	0.378		0		1		0.121	0.937	
Alanine.....g	1.598		0		1		0.511	3.963	
Aspartic acid.....g	1.761		0		1		0.564	4.367	
Glutamic acid.....g	2.448		0		1		0.783	6.071	
Glycine.....g	3.142		0		1		1.005	7.792	
Proline.....g	1.837		0		1		0.588	4.556	
Serine.....g	0.800		0		1		0.256	1.984	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

Measure 2 = 248g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05169

Turkey, all classes, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.102		0		1		0.052	0.400	
Threonine.....g	0.453		0		1		0.231	1.776	
Isoleucine.....g	0.409		0		1		0.209	1.603	
Leucine.....g	0.746		0		1		0.380	2.924	
Lysine.....g	0.758		0		1		0.387	2.971	
Methionine.....g	0.254		0		1		0.130	0.996	
Cystine.....g	0.211		0		1		0.108	0.827	
Phenylalanine.....g	0.429		0		1		0.219	1.682	
Tyrosine.....g	0.289		0		1		0.147	1.133	
Valine.....g	0.534		0		1		0.272	2.093	
Arginine.....g	0.980		0		1		0.500	3.842	
Histidine.....g	0.244		0		1		0.124	0.956	
Alanine.....g	1.031		0		1		0.526	4.042	
Aspartic acid.....g	1.136		0		1		0.579	4.453	
Glutamic acid.....g	1.580		0		1		0.806	6.194	
Glycine.....g	2.027		0		1		1.034	7.946	
Proline.....g	1.185		0		1		0.604	4.645	
Serine.....g	0.516		0		1		0.263	2.023	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 392g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05196

Turkey, all classes, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.660		0		1		1.118	8.668	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.790		0		1		0.190	1.469	
17:1.....g									
18:1 undifferentiated.....g	3.760		0		1		0.902	6.994	
20:1.....g	0.010		0		1		0.002	0.019	
22:1 undifferentiated.....g	0.010		0		1		0.002	0.019	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.940		0		1		0.706	5.468	
18:2 undifferentiated.....g	2.490		0		1		0.598	4.631	
18:3 undifferentiated.....g	0.160		0		1		0.038	0.298	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.038	0.298	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.005	0.037	
22:6 n-3.....g	0.030		0		1		0.007	0.056	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		19	151	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.071	0.549	
Threonine.....g	1.175		0		1		0.282	2.186	
Isoleucine.....g	1.327		0		1		0.318	2.468	
Leucine.....g	2.080		0		1		0.499	3.869	
Lysine.....g	2.412		0		1		0.579	4.486	
Methionine.....g	0.749		0		1		0.180	1.393	
Cystine.....g	0.315		0		1		0.076	0.586	
Phenylalanine.....g	1.058		0		1		0.254	1.968	
Tyrosine.....g	1.000		0		1		0.240	1.860	
Valine.....g	1.401		0		1		0.336	2.606	
Arginine.....g	1.946		0		1		0.467	3.620	
Histidine.....g	0.796		0		1		0.191	1.481	
Alanine.....g	1.789		0		1		0.429	3.328	
Aspartic acid.....g	2.622		0		1		0.629	4.877	
Glutamic acid.....g	4.279		0		1		1.027	7.959	
Glycine.....g	1.894		0		1		0.455	3.523	
Proline.....g	1.391		0		1		0.334	2.587	
Serine.....g	1.199		0		1		0.288	2.230	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

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

Measure 2 = 186g: 1 wing, bone removed

NDB No. 05196

Turkey, all classes, wing, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05195

Turkey, all classes, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.970		0		1		1.640	12.723	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0		1		0.281	2.176	
17:1.....g									
18:1 undifferentiated.....g	4.010		0		1		1.323	10.266	
20:1.....g	0.010		0		1		0.003	0.026	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.026	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.860		0		1		0.944	7.322	
18:2 undifferentiated.....g	2.520		0		1		0.832	6.451	
18:3 undifferentiated.....g	0.180		0		1		0.059	0.461	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.030	0.230	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.003	0.026	
22:6 n-3.....g	0.010		0		1		0.003	0.026	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		23	179	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.217		0		1		0.072	0.556	
Threonine.....g	0.866		0		1		0.286	2.217	
Isoleucine.....g	0.975		0		1		0.322	2.496	
Leucine.....g	1.531		0		1		0.505	3.919	
Lysine.....g	1.773		0		1		0.585	4.539	
Methionine.....g	0.551		0		1		0.182	1.411	
Cystine.....g	0.234		0		1		0.077	0.599	
Phenylalanine.....g	0.780		0		1		0.257	1.997	
Tyrosine.....g	0.734		0		1		0.242	1.879	
Valine.....g	1.031		0		1		0.340	2.639	
Arginine.....g	1.438		0		1		0.475	3.681	
Histidine.....g	0.585		0		1		0.193	1.498	
Alanine.....g	1.325		0		1		0.437	3.392	
Aspartic acid.....g	1.934		0		1		0.638	4.951	
Glutamic acid.....g	3.150		0		1		1.040	8.064	
Glycine.....g	1.425		0		1		0.470	3.648	
Proline.....g	1.039		0		1		0.343	2.660	
Serine.....g	0.885		0		1		0.292	2.266	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 256g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05284

Turkey, canned, meat only, with broth

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.260		0		1		3.051	3.209	2.825
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.500	0.525	0.463
17:1.....g									
18:1 undifferentiated.....g	1.830		0		1		2.471	2.599	2.288
20:1.....g	0.010		0		1		0.014	0.014	0.013
22:1 undifferentiated.....g	0.010		0		1		0.014	0.014	0.013
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0		1		2.363	2.485	2.188
18:2 undifferentiated.....g	1.460		0		1		1.971	2.073	1.825
18:3 undifferentiated.....g	0.080		0		1		0.108	0.114	0.100
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.189	0.199	0.175
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.020		0		1		0.027	0.028	0.025
22:6 n-3.....g	0.030		0		1		0.041	0.043	0.038
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0		4		89	94	83
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0		1		0.352	0.371	0.326
Threonine.....g	1.029		0		1		1.389	1.461	1.286
Isoleucine.....g	1.183		0		1		1.597	1.680	1.479
Leucine.....g	1.833		0		1		2.475	2.603	2.291
Lysine.....g	2.143		0		1		2.893	3.043	2.679
Methionine.....g	0.661		0		1		0.892	0.939	0.826
Cystine.....g	0.266		0		1		0.359	0.378	0.333
Phenylalanine.....g	0.922		0		1		1.245	1.309	1.153
Tyrosine.....g	0.895		0		1		1.208	1.271	1.119
Valine.....g	1.228		0		1		1.658	1.744	1.535
Arginine.....g	1.663		0		1		2.245	2.361	2.079
Histidine.....g	0.708		0		1		0.956	1.005	0.885
Alanine.....g	1.503		0		1		2.029	2.134	1.879
Aspartic acid.....g	2.270		0		1		3.065	3.223	2.838
Glutamic acid.....g	3.765		0		1		5.083	5.346	4.706
Glycine.....g	1.422		0		1		1.920	2.019	1.778
Proline.....g	1.096		0		1		1.480	1.556	1.370
Serine.....g	1.040		0		1		1.404	1.477	1.300
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 135g: 1 cup, drained

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 125g: 1 can (5 oz) yields

NDB No. 05284

Turkey, canned, meat only, with broth

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05285

Turkey, diced, light and dark meat, seasoned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.058	0.468	
Threonine.....g	0.813		0		1		0.230	1.846	
Isoleucine.....g	0.934		0		1		0.265	2.120	
Leucine.....g	1.447		0		1		0.410	3.285	
Lysine.....g	1.693		0		1		0.480	3.843	
Methionine.....g	0.522		0		1		0.148	1.185	
Cystine.....g	0.210		0		1		0.060	0.477	
Phenylalanine.....g	0.729		0		1		0.207	1.655	
Tyrosine.....g	0.707		0		1		0.200	1.605	
Valine.....g	0.970		0		1		0.275	2.202	
Arginine.....g	1.313		0		1		0.372	2.981	
Histidine.....g	0.559		0		1		0.158	1.269	
Alanine.....g	1.187		0		1		0.337	2.694	
Aspartic acid.....g	1.793		0		1		0.508	4.070	
Glutamic acid.....g	2.974		0		1		0.843	6.751	
Glycine.....g	1.123		0		1		0.318	2.549	
Proline.....g	0.866		0		1		0.246	1.966	
Serine.....g	0.821		0		1		0.233	1.864	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 43367

Turkey, drumstick, smoked, cooked, with skin, bone removed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.864				4			0.601	0.487
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.459				4			0.096	0.078
17:1.....g									
18:1 undifferentiated.....g	2.335				4			0.490	0.397
20:1.....g	0.030				4			0.006	0.005
22:1 undifferentiated.....g	0.020				4			0.004	0.003
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.715				4			0.570	0.462
18:2 undifferentiated.....g	2.266				4			0.476	0.385
18:3 undifferentiated.....g	0.110				4			0.023	0.019
18:4.....g	0.000				4			0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240				4			0.050	0.041
20:5 n-3.....g	0.000				4			0.000	0.000
22:5 n-3.....g	0.030				4			0.006	0.005
22:6 n-3.....g	0.050				4			0.011	0.009
Fatty acids, total trans.....g									
Cholesterol.....mg	85				4			18	14
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7			0.0	0.0
Caffeine.....mg	0		0	Z	7			0	0
Theobromine.....mg	0		0	Z	7			0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7			0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7			0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7			0.000	0.000
Lycopene.....mcg	0		0	Z	7			0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7			0.000	0.000

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

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

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.530		0		1		4.589	1.306	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.767	0.218	
17:1.....g									
18:1 undifferentiated.....g	2.860		0		1		3.718	1.058	
20:1.....g	0.020		0		1		0.026	0.007	
22:1 undifferentiated.....g	0.010		0		1		0.013	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.640		0		1		3.432	0.977	
18:2 undifferentiated.....g	2.270		0		1		2.951	0.840	
18:3 undifferentiated.....g	0.130		0		1		0.169	0.048	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.221	0.063	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.026	0.007	
22:6 n-3.....g	0.030		0		1		0.039	0.011	
Fatty acids, total trans.....g									
Cholesterol.....mg	108	4.974	6		1		140	40	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.363	0.103	
Threonine.....g	1.116		0		1		1.451	0.413	
Isoleucine.....g	1.253		0		1		1.629	0.464	
Leucine.....g	1.971		0		1		2.562	0.729	
Lysine.....g	2.278		0		1		2.961	0.843	
Methionine.....g	0.709		0		1		0.922	0.262	
Cystine.....g	0.306		0		1		0.398	0.113	
Phenylalanine.....g	1.006		0		1		1.308	0.372	
Tyrosine.....g	0.943		0		1		1.226	0.349	
Valine.....g	1.330		0		1		1.729	0.492	
Arginine.....g	1.864		0		1		2.423	0.690	
Histidine.....g	0.751		0		1		0.976	0.278	
Alanine.....g	1.723		0		1		2.240	0.638	
Aspartic acid.....g	2.498		0		1		3.247	0.924	
Glutamic acid.....g	4.058		0		1		5.275	1.501	
Glycine.....g	1.890		0		1		2.457	0.699	
Proline.....g	1.367		0		1		1.777	0.506	
Serine.....g	1.142		0		1		1.485	0.423	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 130g: .5 back, bone removed

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05213

Turkey, fryer-roasters, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.216		0		1		0.395	0.112	
Threonine.....g	0.859		0		1		1.572	0.447	
Isoleucine.....g	0.977		0		1		1.788	0.508	
Leucine.....g	1.524		0		1		2.789	0.792	
Lysine.....g	1.774		0		1		3.246	0.922	
Methionine.....g	0.550		0		1		1.007	0.286	
Cystine.....g	0.225		0		1		0.412	0.117	
Phenylalanine.....g	0.772		0		1		1.413	0.401	
Tyrosine.....g	0.737		0		1		1.349	0.383	
Valine.....g	1.025		0		1		1.876	0.533	
Arginine.....g	1.409		0		1		2.578	0.733	
Histidine.....g	0.586		0		1		1.072	0.305	
Alanine.....g	1.288		0		1		2.357	0.670	
Aspartic acid.....g	1.910		0		1		3.495	0.993	
Glutamic acid.....g	3.134		0		1		5.735	1.630	
Glycine.....g	1.306		0		1		2.390	0.679	
Proline.....g	0.978		0		1		1.790	0.509	
Serine.....g	0.874		0		1		1.599	0.454	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 183g: .5 back, bone removed

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05216

Turkey, fryer-roasters, back, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.280		0		1		0.346	1.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.051	0.188	
17:1.....g									
18:1 undifferentiated.....g	1.060		0		1		0.286	1.049	
20:1.....g	0.020		0		1		0.005	0.020	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.690		0		1		0.456	1.673	
18:2 undifferentiated.....g	1.370		0		1		0.370	1.356	
18:3 undifferentiated.....g	0.050		0		1		0.014	0.050	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.054	0.198	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.008	0.030	
22:6 n-3.....g	0.040		0		1		0.011	0.040	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	4.152	6		1		26	94	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		0.086	0.315	
Threonine.....g	1.246		0		1		0.336	1.234	
Isoleucine.....g	1.457		0		1		0.393	1.442	
Leucine.....g	2.232		0		1		0.603	2.210	
Lysine.....g	2.640		0		1		0.713	2.614	
Methionine.....g	0.811		0		1		0.219	0.803	
Cystine.....g	0.291		0		1		0.079	0.288	
Phenylalanine.....g	1.112		0		1		0.300	1.101	
Tyrosine.....g	1.107		0		1		0.299	1.096	
Valine.....g	1.488		0		1		0.402	1.473	
Arginine.....g	1.954		0		1		0.528	1.934	
Histidine.....g	0.874		0		1		0.236	0.865	
Alanine.....g	1.735		0		1		0.468	1.718	
Aspartic acid.....g	2.721		0		1		0.735	2.694	
Glutamic acid.....g	4.572		0		1		1.234	4.526	
Glycine.....g	1.389		0		1		0.375	1.375	
Proline.....g	1.165		0		1		0.315	1.153	
Serine.....g	1.246		0		1		0.336	1.234	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 27g: 1 unit (yield from 1 lb ready-to-cook turkey)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05215

Turkey, fryer-roasters, back, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.800		0		1		0.344	1.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120	0.028	8		1		0.052	0.180	
17:1.....g									
18:1 undifferentiated.....g	0.660	0.069	8		1		0.284	0.990	
20:1.....g	0.010	0.002	7		1		0.004	0.015	
22:1 undifferentiated.....g	0.010	0.002	7		1		0.004	0.015	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0		1		0.452	1.575	
18:2 undifferentiated.....g	0.850	0.086	8		1		0.366	1.275	
18:3 undifferentiated.....g	0.030	0.010	8		1		0.013	0.045	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120	0.021	8		1		0.052	0.180	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020	0.004	7		1		0.009	0.030	
22:6 n-3.....g	0.030	0.015	7		1		0.013	0.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	74	3.423	6		1		32	111	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.235		0		1		0.101	0.353	
Threonine.....g	0.919		0		1		0.395	1.379	
Isoleucine.....g	1.074		0		1		0.462	1.611	
Leucine.....g	1.646		0		1		0.708	2.469	
Lysine.....g	1.947		0		1		0.837	2.921	
Methionine.....g	0.598		0		1		0.257	0.897	
Cystine.....g	0.215		0		1		0.092	0.323	
Phenylalanine.....g	0.820		0		1		0.353	1.230	
Tyrosine.....g	0.816		0		1		0.351	1.224	
Valine.....g	1.097		0		1		0.472	1.646	
Arginine.....g	1.441		0		1		0.620	2.162	
Histidine.....g	0.644		0		1		0.277	0.966	
Alanine.....g	1.279		0		1		0.550	1.919	
Aspartic acid.....g	2.006		0		1		0.863	3.009	
Glutamic acid.....g	3.371		0		1		1.450	5.057	
Glycine.....g	1.025		0		1		0.441	1.538	
Proline.....g	0.859		0		1		0.369	1.289	
Serine.....g	0.919		0		1		0.395	1.379	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 150g: .5 back, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05218

Turkey, fryer-roasters, breast, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.200		0		1		1.176	4.128	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.196	0.688	
17:1.....g									
18:1 undifferentiated.....g	0.970		0		1		0.951	3.337	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		0.745	2.614	
18:2 undifferentiated.....g	0.640		0		1		0.627	2.202	
18:3 undifferentiated.....g	0.040		0		1		0.039	0.138	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.039	0.138	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.010	0.034	
22:6 n-3.....g	0.010		0		1		0.010	0.034	
Fatty acids, total trans.....g									
Cholesterol.....mg	90	6.407	6		1		88	310	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0		1		0.316	1.108	
Threonine.....g	1.273		0		1		1.248	4.379	
Isoleucine.....g	1.466		0		1		1.437	5.043	
Leucine.....g	2.268		0		1		2.223	7.802	
Lysine.....g	2.660		0		1		2.607	9.150	
Methionine.....g	0.821		0		1		0.805	2.824	
Cystine.....g	0.317		0		1		0.311	1.090	
Phenylalanine.....g	1.140		0		1		1.117	3.922	
Tyrosine.....g	1.110		0		1		1.088	3.818	
Valine.....g	1.519		0		1		1.489	5.225	
Arginine.....g	2.044		0		1		2.003	7.031	
Histidine.....g	0.879		0		1		0.861	3.024	
Alanine.....g	1.844		0		1		1.807	6.343	
Aspartic acid.....g	2.805		0		1		2.749	9.649	
Glutamic acid.....g	4.654		0		1		4.561	16.010	
Glycine.....g	1.693		0		1		1.659	5.824	
Proline.....g	1.327		0		1		1.300	4.565	
Serine.....g	1.284		0		1		1.258	4.417	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 98g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 344g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05217

Turkey, fryer-roasters, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.325	1.143	
Threonine.....g	1.042		0		1		1.282	4.512	
Isoleucine.....g	1.203		0		1		1.480	5.209	
Leucine.....g	1.859		0		1		2.287	8.049	
Lysine.....g	2.182		0		1		2.684	9.448	
Methionine.....g	0.673		0		1		0.828	2.914	
Cystine.....g	0.257		0		1		0.316	1.113	
Phenylalanine.....g	0.933		0		1		1.148	4.040	
Tyrosine.....g	0.911		0		1		1.121	3.945	
Valine.....g	1.244		0		1		1.530	5.387	
Arginine.....g	1.669		0		1		2.053	7.227	
Histidine.....g	0.722		0		1		0.888	3.126	
Alanine.....g	1.502		0		1		1.847	6.504	
Aspartic acid.....g	2.295		0		1		2.823	9.937	
Glutamic acid.....g	3.813		0		1		4.690	16.510	
Glycine.....g	1.359		0		1		1.672	5.884	
Proline.....g	1.073		0		1		1.320	4.646	
Serine.....g	1.050		0		1		1.292	4.547	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05220

Turkey, fryer-roasters, breast, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.342		0		1		0.298	1.047	
Threonine.....g	1.337		0		1		1.163	4.091	
Isoleucine.....g	1.563		0		1		1.360	4.783	
Leucine.....g	2.395		0		1		2.084	7.329	
Lysine.....g	2.833		0		1		2.465	8.669	
Methionine.....g	0.871		0		1		0.758	2.665	
Cystine.....g	0.313		0		1		0.272	0.958	
Phenylalanine.....g	1.193		0		1		1.038	3.651	
Tyrosine.....g	1.188		0		1		1.034	3.635	
Valine.....g	1.597		0		1		1.389	4.887	
Arginine.....g	2.097		0		1		1.824	6.417	
Histidine.....g	0.938		0		1		0.816	2.870	
Alanine.....g	1.861		0		1		1.619	5.695	
Aspartic acid.....g	2.920		0		1		2.540	8.935	
Glutamic acid.....g	4.906		0		1		4.268	15.012	
Glycine.....g	1.491		0		1		1.297	4.562	
Proline.....g	1.251		0		1		1.088	3.828	
Serine.....g	1.337		0		1		1.163	4.091	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 87g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 306g: .5 breast, bone and skin removed

NDB No. 05220

Turkey, fryer-roasters, breast, meat only, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05219

Turkey, fryer-roasters, breast, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	0.110		0		1		0.122	0.429	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010	0.003	12		1		0.011	0.039	
17:1.....g									
18:1 undifferentiated.....g	0.090	0.016	12		1		0.100	0.351	
20:1.....g	0.000	0.000	10		1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	10		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.189	0.663	
18:2 undifferentiated.....g	0.110	0.019	12		1		0.122	0.429	
18:3 undifferentiated.....g	0.000	0.001	12		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.007	11		1		0.033	0.117	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.001	10		1		0.011	0.039	
22:6 n-3.....g	0.010	0.003	10		1		0.011	0.039	
Fatty acids, total trans.....g	0.013		0	BFFN	4		0.014	0.050	
Cholesterol.....mg	62	1.904	6		1		69	242	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.310	1.088	
Threonine.....g	1.094		0		1		1.214	4.267	
Isoleucine.....g	1.279		0		1		1.420	4.988	
Leucine.....g	1.960		0		1		2.176	7.644	
Lysine.....g	2.318		0		1		2.573	9.040	
Methionine.....g	0.712		0		1		0.790	2.777	
Cystine.....g	0.256		0		1		0.284	0.998	
Phenylalanine.....g	0.976		0		1		1.083	3.806	
Tyrosine.....g	0.972		0		1		1.079	3.791	
Valine.....g	1.307		0		1		1.451	5.097	
Arginine.....g	1.716		0		1		1.905	6.692	
Histidine.....g	0.768		0		1		0.852	2.995	
Alanine.....g	1.523		0		1		1.691	5.940	
Aspartic acid.....g	2.389		0		1		2.652	9.317	
Glutamic acid.....g	4.015		0		1		4.457	15.659	
Glycine.....g	1.220		0		1		1.354	4.758	
Proline.....g	1.023		0		1		1.136	3.990	
Serine.....g	1.094		0		1		1.214	4.267	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 111g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 390g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05208

Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.270		0		1		2.406	8.490	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.392	1.384	
17:1.....g									
18:1 undifferentiated.....g	1.850		0		1		1.961	6.919	
20:1.....g	0.010		0		1		0.011	0.037	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.037	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		0		1		1.993	7.031	
18:2 undifferentiated.....g	1.590		0		1		1.685	5.947	
18:3 undifferentiated.....g	0.090		0		1		0.095	0.337	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.148	0.524	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.075	
22:6 n-3.....g	0.030		0		1		0.032	0.112	
Fatty acids, total trans.....g									
Cholesterol.....mg	117	6.123	6		1		124	438	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.304		0		1		0.322	1.137	
Threonine.....g	1.205		0		1		1.277	4.507	
Isoleucine.....g	1.380		0		1		1.463	5.161	
Leucine.....g	2.143		0		1		2.272	8.015	
Lysine.....g	2.505		0		1		2.655	9.369	
Methionine.....g	0.775		0		1		0.822	2.899	
Cystine.....g	0.307		0		1		0.325	1.148	
Phenylalanine.....g	1.081		0		1		1.146	4.043	
Tyrosine.....g	1.043		0		1		1.106	3.901	
Valine.....g	1.437		0		1		1.523	5.374	
Arginine.....g	1.954		0		1		2.071	7.308	
Histidine.....g	0.828		0		1		0.878	3.097	
Alanine.....g	1.772		0		1		1.878	6.627	
Aspartic acid.....g	2.666		0		1		2.826	9.971	
Glutamic acid.....g	4.401		0		1		4.665	16.460	
Glycine.....g	1.705		0		1		1.807	6.377	
Proline.....g	1.308		0		1		1.386	4.892	
Serine.....g	1.220		0		1		1.293	4.563	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05207

Turkey, fryer-roasters, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.550		0		1		2.341	8.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.378	1.330	
17:1.....g									
18:1 undifferentiated.....g	1.260		0		1		1.903	6.703	
20:1.....g	0.010		0		1		0.015	0.053	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.053	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0		1		1.918	6.756	
18:2 undifferentiated.....g	1.080		0		1		1.631	5.746	
18:3 undifferentiated.....g	0.060		0		1		0.091	0.319	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.136	0.479	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.015	0.053	
22:6 n-3.....g	0.020		0		1		0.030	0.106	
Fatty acids, total trans.....g									
Cholesterol.....mg	87	2.221	6		1		131	463	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.335	1.181	
Threonine.....g	0.878		0		1		1.326	4.671	
Isoleucine.....g	1.011		0		1		1.527	5.379	
Leucine.....g	1.564		0		1		2.362	8.320	
Lysine.....g	1.834		0		1		2.769	9.757	
Methionine.....g	0.566		0		1		0.855	3.011	
Cystine.....g	0.219		0		1		0.331	1.165	
Phenylalanine.....g	0.786		0		1		1.187	4.182	
Tyrosine.....g	0.765		0		1		1.155	4.070	
Valine.....g	1.048		0		1		1.582	5.575	
Arginine.....g	1.412		0		1		2.132	7.512	
Histidine.....g	0.606		0		1		0.915	3.224	
Alanine.....g	1.274		0		1		1.924	6.778	
Aspartic acid.....g	1.936		0		1		2.923	10.300	
Glutamic acid.....g	3.211		0		1		4.849	17.083	
Glycine.....g	1.175		0		1		1.774	6.251	
Proline.....g	0.919		0		1		1.388	4.889	
Serine.....g	0.886		0		1		1.338	4.714	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 151g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 532g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05212

Turkey, fryer-roasters, dark meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.980		0		1		1.372	0.892	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		0		1		0.196	0.127	
17:1.....g									
18:1 undifferentiated.....g	0.810		0		1		1.134	0.737	
20:1.....g	0.020		0		1		0.028	0.018	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.290		0		1		1.806	1.174	
18:2 undifferentiated.....g	1.050		0		1		1.470	0.956	
18:3 undifferentiated.....g	0.040		0		1		0.056	0.036	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.137	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.028	0.018	
22:6 n-3.....g	0.030		0		1		0.042	0.027	
Fatty acids, total trans.....g									
Cholesterol.....mg	112	6.024	6		1		157	102	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.328		0		1		0.459	0.298	
Threonine.....g	1.283		0		1		1.796	1.168	
Isoleucine.....g	1.500		0		1		2.100	1.365	
Leucine.....g	2.298		0		1		3.217	2.091	
Lysine.....g	2.718		0		1		3.805	2.473	
Methionine.....g	0.835		0		1		1.169	0.760	
Cystine.....g	0.300		0		1		0.420	0.273	
Phenylalanine.....g	1.145		0		1		1.603	1.042	
Tyrosine.....g	1.140		0		1		1.596	1.037	
Valine.....g	1.532		0		1		2.145	1.394	
Arginine.....g	2.012		0		1		2.817	1.831	
Histidine.....g	0.900		0		1		1.260	0.819	
Alanine.....g	1.786		0		1		2.500	1.625	
Aspartic acid.....g	2.801		0		1		3.921	2.549	
Glutamic acid.....g	4.707		0		1		6.590	4.283	
Glycine.....g	1.431		0		1		2.003	1.302	
Proline.....g	1.200		0		1		1.680	1.092	
Serine.....g	1.283		0		1		1.796	1.168	
Hydroxyproline.....g									

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

Common Measures:

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

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05211

Turkey, fryer-roasters, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.232		0		1		0.316	1.111	
Threonine.....g	0.910		0		1		1.238	4.359	
Isoleucine.....g	1.064		0		1		1.447	5.097	
Leucine.....g	1.630		0		1		2.217	7.808	
Lysine.....g	1.928		0		1		2.622	9.235	
Methionine.....g	0.592		0		1		0.805	2.836	
Cystine.....g	0.213		0		1		0.290	1.020	
Phenylalanine.....g	0.812		0		1		1.104	3.889	
Tyrosine.....g	0.808		0		1		1.099	3.870	
Valine.....g	1.087		0		1		1.478	5.207	
Arginine.....g	1.427		0		1		1.941	6.835	
Histidine.....g	0.638		0		1		0.868	3.056	
Alanine.....g	1.267		0		1		1.723	6.069	
Aspartic acid.....g	1.987		0		1		2.702	9.518	
Glutamic acid.....g	3.338		0		1		4.540	15.989	
Glycine.....g	1.015		0		1		1.380	4.862	
Proline.....g	0.851		0		1		1.157	4.076	
Serine.....g	0.910		0		1		1.238	4.359	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 479g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05222

Turkey, fryer-roasters, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.610		0		1		1.127	3.945	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.182	0.637	
17:1.....g									
18:1 undifferentiated.....g	1.320		0		1		0.924	3.234	
20:1.....g	0.010		0		1		0.007	0.025	
22:1 undifferentiated.....g	0.010		0		1		0.007	0.025	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.480		0		1		1.036	3.626	
18:2 undifferentiated.....g	1.240		0		1		0.868	3.038	
18:3 undifferentiated.....g	0.060		0		1		0.042	0.147	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.091	0.319	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.014	0.049	
22:6 n-3.....g	0.030		0		1		0.021	0.074	
Fatty acids, total trans.....g									
Cholesterol.....mg	70	1.473	6		1		49	172	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		0.223	0.779	
Threonine.....g	1.252		0		1		0.876	3.067	
Isoleucine.....g	1.447		0		1		1.013	3.545	
Leucine.....g	2.234		0		1		1.564	5.473	
Lysine.....g	2.625		0		1		1.838	6.431	
Methionine.....g	0.809		0		1		0.566	1.982	
Cystine.....g	0.307		0		1		0.215	0.752	
Phenylalanine.....g	1.120		0		1		0.784	2.744	
Tyrosine.....g	1.097		0		1		0.768	2.688	
Valine.....g	1.494		0		1		1.046	3.660	
Arginine.....g	2.001		0		1		1.401	4.902	
Histidine.....g	0.868		0		1		0.608	2.127	
Alanine.....g	1.798		0		1		1.259	4.405	
Aspartic acid.....g	2.754		0		1		1.928	6.747	
Glutamic acid.....g	4.582		0		1		3.207	11.226	
Glycine.....g	1.606		0		1		1.124	3.935	
Proline.....g	1.276		0		1		0.893	3.126	
Serine.....g	1.261		0		1		0.883	3.089	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 245g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05221

Turkey, fryer-roasters, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.080		0		1		1.069	3.769	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		1		0.168	0.593	
17:1.....g									
18:1 undifferentiated.....g	0.880		0		1		0.871	3.071	
20:1.....g	0.010		0		1		0.010	0.035	
22:1 undifferentiated.....g	0.010		0		1		0.010	0.035	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0		1		0.960	3.385	
18:2 undifferentiated.....g	0.820		0		1		0.812	2.862	
18:3 undifferentiated.....g	0.040		0		1		0.040	0.140	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.079	0.279	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.010	0.035	
22:6 n-3.....g	0.020		0		1		0.020	0.070	
Fatty acids, total trans.....g									
Cholesterol.....mg	87	2.286	6		1		86	304	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.223	0.785	
Threonine.....g	0.887		0		1		0.878	3.096	
Isoleucine.....g	1.027		0		1		1.017	3.584	
Leucine.....g	1.584		0		1		1.568	5.528	
Lysine.....g	1.864		0		1		1.845	6.505	
Methionine.....g	0.574		0		1		0.568	2.003	
Cystine.....g	0.215		0		1		0.213	0.750	
Phenylalanine.....g	0.793		0		1		0.785	2.768	
Tyrosine.....g	0.779		0		1		0.771	2.719	
Valine.....g	1.059		0		1		1.048	3.696	
Arginine.....g	1.412		0		1		1.398	4.928	
Histidine.....g	0.616		0		1		0.610	2.150	
Alanine.....g	1.265		0		1		1.252	4.415	
Aspartic acid.....g	1.948		0		1		1.929	6.799	
Glutamic acid.....g	3.248		0		1		3.216	11.336	
Glycine.....g	1.106		0		1		1.095	3.860	
Proline.....g	0.888		0		1		0.879	3.099	
Serine.....g	0.892		0		1		0.883	3.113	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 349g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

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

NDB No. 05224

Turkey, fryer-roasters, leg, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.332		0		1		0.212	0.744	
Threonine.....g	1.298		0		1		0.831	2.908	
Isoleucine.....g	1.518		0		1		0.972	3.400	
Leucine.....g	2.326		0		1		1.489	5.210	
Lysine.....g	2.751		0		1		1.761	6.162	
Methionine.....g	0.845		0		1		0.541	1.893	
Cystine.....g	0.304		0		1		0.195	0.681	
Phenylalanine.....g	1.158		0		1		0.741	2.594	
Tyrosine.....g	1.153		0		1		0.738	2.583	
Valine.....g	1.550		0		1		0.992	3.472	
Arginine.....g	2.036		0		1		1.303	4.561	
Histidine.....g	0.911		0		1		0.583	2.041	
Alanine.....g	1.807		0		1		1.156	4.048	
Aspartic acid.....g	2.835		0		1		1.814	6.350	
Glutamic acid.....g	4.763		0		1		3.048	10.669	
Glycine.....g	1.448		0		1		0.927	3.244	
Proline.....g	1.214		0		1		0.777	2.719	
Serine.....g	1.298		0		1		0.831	2.908	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 224g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05223

Turkey, fryer-roasters, leg, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.540		0		1		0.502	1.777	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080	0.019	8		1		0.074	0.263	
17:1.....g									
18:1 undifferentiated.....g	0.440	0.049	8		1		0.409	1.448	
20:1.....g	0.010	0.001	7		1		0.009	0.033	
22:1 undifferentiated.....g	0.010	0.001	7		1		0.009	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0		1		0.660	2.336	
18:2 undifferentiated.....g	0.570	0.062	8		1		0.530	1.875	
18:3 undifferentiated.....g	0.020	0.007	8		1		0.019	0.066	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.015	8		1		0.074	0.263	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.003	7		1		0.009	0.033	
22:6 n-3.....g	0.020	0.010	7		1		0.019	0.066	
Fatty acids, total trans.....g									
Cholesterol.....mg	84	2.454	6		1		78	276	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.231		0		1		0.215	0.760	
Threonine.....g	0.905		0		1		0.842	2.977	
Isoleucine.....g	1.058		0		1		0.984	3.481	
Leucine.....g	1.621		0		1		1.508	5.333	
Lysine.....g	1.918		0		1		1.784	6.310	
Methionine.....g	0.589		0		1		0.548	1.938	
Cystine.....g	0.212		0		1		0.197	0.697	
Phenylalanine.....g	0.807		0		1		0.751	2.655	
Tyrosine.....g	0.804		0		1		0.748	2.645	
Valine.....g	1.081		0		1		1.005	3.556	
Arginine.....g	1.420		0		1		1.321	4.672	
Histidine.....g	0.635		0		1		0.591	2.089	
Alanine.....g	1.260		0		1		1.172	4.145	
Aspartic acid.....g	1.976		0		1		1.838	6.501	
Glutamic acid.....g	3.321		0		1		3.089	10.926	
Glycine.....g	1.009		0		1		0.938	3.320	
Proline.....g	0.847		0		1		0.788	2.787	
Serine.....g	0.905		0		1		0.842	2.977	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 329g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05206

Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.700		0		1		2.091	7.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.357	1.256	
17:1.....g									
18:1 undifferentiated.....g	1.370		0		1		1.685	5.932	
20:1.....g	0.010		0		1		0.012	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.090		0		1		1.341	4.720	
18:2 undifferentiated.....g	0.920		0		1		1.132	3.984	
18:3 undifferentiated.....g	0.060		0		1		0.074	0.260	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.074	0.260	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.012	0.043	
22:6 n-3.....g	0.010		0		1		0.012	0.043	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	5.564	6		1		117	411	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.316		0		1		0.389	1.368	
Threonine.....g	1.251		0		1		1.539	5.417	
Isoleucine.....g	1.432		0		1		1.761	6.201	
Leucine.....g	2.224		0		1		2.736	9.630	
Lysine.....g	2.599		0		1		3.197	11.254	
Methionine.....g	0.804		0		1		0.989	3.481	
Cystine.....g	0.319		0		1		0.392	1.381	
Phenylalanine.....g	1.122		0		1		1.380	4.858	
Tyrosine.....g	1.083		0		1		1.332	4.689	
Valine.....g	1.492		0		1		1.835	6.460	
Arginine.....g	2.030		0		1		2.497	8.790	
Histidine.....g	0.859		0		1		1.057	3.719	
Alanine.....g	1.843		0		1		2.267	7.980	
Aspartic acid.....g	2.769		0		1		3.406	11.990	
Glutamic acid.....g	4.569		0		1		5.620	19.784	
Glycine.....g	1.781		0		1		2.191	7.712	
Proline.....g	1.363		0		1		1.676	5.902	
Serine.....g	1.267		0		1		1.558	5.486	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05205

Turkey, fryer-roasters, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0		1		2.417	8.527	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.413	1.459	
17:1.....g									
18:1 undifferentiated.....g	1.220		0		1		1.940	6.844	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890		0		1		1.415	4.993	
18:2 undifferentiated.....g	0.780		0		1		1.240	4.376	
18:3 undifferentiated.....g	0.050		0		1		0.080	0.281	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.048	0.168	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76	0.827	6		1		121	426	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.404	1.425	
Threonine.....g	1.006		0		1		1.600	5.644	
Isoleucine.....g	1.153		0		1		1.833	6.468	
Leucine.....g	1.790		0		1		2.846	10.042	
Lysine.....g	2.094		0		1		3.329	11.747	
Methionine.....g	0.647		0		1		1.029	3.630	
Cystine.....g	0.255		0		1		0.405	1.431	
Phenylalanine.....g	0.902		0		1		1.434	5.060	
Tyrosine.....g	0.872		0		1		1.386	4.892	
Valine.....g	1.200		0		1		1.908	6.732	
Arginine.....g	1.628		0		1		2.589	9.133	
Histidine.....g	0.692		0		1		1.100	3.882	
Alanine.....g	1.475		0		1		2.345	8.275	
Aspartic acid.....g	2.224		0		1		3.536	12.477	
Glutamic acid.....g	3.675		0		1		5.843	20.617	
Glycine.....g	1.407		0		1		2.237	7.893	
Proline.....g	1.083		0		1		1.722	6.076	
Serine.....g	1.018		0		1		1.619	5.711	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 561g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05210

Turkey, fryer-roasters, light meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.210		0		1		0.294	0.218	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.042	0.031	
17:1.....g									
18:1 undifferentiated.....g	0.170		0		1		0.238	0.177	
20:1.....g	0.010		0		1		0.014	0.010	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0		1		0.434	0.322	
18:2 undifferentiated.....g	0.210		0		1		0.294	0.218	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.010	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.084	0.062	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.014	0.010	
22:6 n-3.....g	0.010		0		1		0.014	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	86	5.560	6		1		120	89	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.343		0		1		0.480	0.357	
Threonine.....g	1.343		0		1		1.880	1.397	
Isoleucine.....g	1.570		0		1		2.198	1.633	
Leucine.....g	2.405		0		1		3.367	2.501	
Lysine.....g	2.845		0		1		3.983	2.959	
Methionine.....g	0.874		0		1		1.224	0.909	
Cystine.....g	0.314		0		1		0.440	0.327	
Phenylalanine.....g	1.198		0		1		1.677	1.246	
Tyrosine.....g	1.193		0		1		1.670	1.241	
Valine.....g	1.604		0		1		2.246	1.668	
Arginine.....g	2.106		0		1		2.948	2.190	
Histidine.....g	0.942		0		1		1.319	0.980	
Alanine.....g	1.869		0		1		2.617	1.944	
Aspartic acid.....g	2.932		0		1		4.105	3.049	
Glutamic acid.....g	4.927		0		1		6.898	5.124	
Glycine.....g	1.497		0		1		2.096	1.557	
Proline.....g	1.256		0		1		1.758	1.306	
Serine.....g	1.343		0		1		1.880	1.397	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05209

Turkey, fryer-roasters, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.275		0		1		0.374	1.323	
Threonine.....g	1.076		0		1		1.463	5.176	
Isoleucine.....g	1.257		0		1		1.710	6.046	
Leucine.....g	1.927		0		1		2.621	9.269	
Lysine.....g	2.279		0		1		3.099	10.962	
Methionine.....g	0.700		0		1		0.952	3.367	
Cystine.....g	0.251		0		1		0.341	1.207	
Phenylalanine.....g	0.960		0		1		1.306	4.618	
Tyrosine.....g	0.956		0		1		1.300	4.598	
Valine.....g	1.285		0		1		1.748	6.181	
Arginine.....g	1.687		0		1		2.294	8.114	
Histidine.....g	0.754		0		1		1.025	3.627	
Alanine.....g	1.497		0		1		2.036	7.201	
Aspartic acid.....g	2.348		0		1		3.193	11.294	
Glutamic acid.....g	3.946		0		1		5.367	18.980	
Glycine.....g	1.199		0		1		1.631	5.767	
Proline.....g	1.006		0		1		1.368	4.839	
Serine.....g	1.076		0		1		1.463	5.176	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 481g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05198

Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.890		0		1		4.744	33.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.778	5.493	
17:1.....g									
18:1 undifferentiated.....g	1.530		0		1		3.840	27.112	
20:1.....g	0.010		0		1		0.025	0.177	
22:1 undifferentiated.....g	0.010		0		1		0.025	0.177	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0		1		3.614	25.517	
18:2 undifferentiated.....g	1.210		0		1		3.037	21.441	
18:3 undifferentiated.....g	0.070		0		1		0.176	1.240	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.276	1.949	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.025	0.177	
22:6 n-3.....g	0.020		0		1		0.050	0.354	
Fatty acids, total trans.....g									
Cholesterol.....mg	118		0		1		296	2091	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.309		0		1		0.776	5.475	
Threonine.....g	1.225		0		1		3.075	21.707	
Isoleucine.....g	1.401		0		1		3.517	24.826	
Leucine.....g	2.176		0		1		5.462	38.559	
Lysine.....g	2.520		0		1		6.325	44.654	
Methionine.....g	0.782		0		1		1.963	13.857	
Cystine.....g	0.313		0		1		0.786	5.546	
Phenylalanine.....g	1.104		0		1		2.771	19.563	
Tyrosine.....g	1.053		0		1		2.643	18.659	
Valine.....g	1.459		0		1		3.662	25.853	
Arginine.....g	1.977		0		1		4.962	35.032	
Histidine.....g	0.831		0		1		2.086	14.725	
Alanine.....g	1.776		0		1		4.458	31.471	
Aspartic acid.....g	2.701		0		1		6.780	47.862	
Glutamic acid.....g	4.460		0		1		11.195	79.031	
Glycine.....g	1.713		0		1		4.300	30.354	
Proline.....g	1.327		0		1		3.331	23.514	
Serine.....g	1.237		0		1		3.105	21.920	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1772g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05197

Turkey, fryer-roasters, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.470		0		1		35.427		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		6.025		
17:1.....g									
18:1 undifferentiated.....g	1.190		0		1		28.679		
20:1.....g	0.010		0		1		0.241		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		25.787		
18:2 undifferentiated.....g	0.910		0		1		21.931		
18:3 undifferentiated.....g	0.050		0		1		1.205		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		1.928		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.010		0		1		0.241		
22:6 n-3.....g	0.010		0		1		0.241		
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		2217		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		5.905		
Threonine.....g	0.970		0		1		23.377		
Isoleucine.....g	1.112		0		1		26.799		
Leucine.....g	1.726		0		1		41.597		
Lysine.....g	1.999		0		1		48.176		
Methionine.....g	0.620		0		1		14.942		
Cystine.....g	0.246		0		1		5.929		
Phenylalanine.....g	0.873		0		1		21.039		
Tyrosine.....g	0.836		0		1		20.148		
Valine.....g	1.156		0		1		27.860		
Arginine.....g	1.556		0		1		37.500		
Histidine.....g	0.660		0		1		15.906		
Alanine.....g	1.394		0		1		33.595		
Aspartic acid.....g	2.132		0		1		51.381		
Glutamic acid.....g	3.528		0		1		85.025		
Glycine.....g	1.313		0		1		31.643		
Proline.....g	1.030		0		1		24.823		
Serine.....g	0.977		0		1		23.546		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2410g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05200

Turkey, fryer-roasters, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.960		0		1		4.488	15.837	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.756	2.666	
17:1.....g									
18:1 undifferentiated.....g	1.590		0		1		3.641	12.847	
20:1.....g	0.010		0		1		0.023	0.081	
22:1 undifferentiated.....g	0.010		0		1		0.023	0.081	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.450		0		1		3.321	11.716	
18:2 undifferentiated.....g	1.230		0		1		2.817	9.938	
18:3 undifferentiated.....g	0.070		0		1		0.160	0.566	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.229	0.808	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.023	0.081	
22:6 n-3.....g	0.020		0		1		0.046	0.162	
Fatty acids, total trans.....g									
Cholesterol.....mg	105	5.847	6		1		240	848	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.712	2.513	
Threonine.....g	1.230		0		1		2.817	9.938	
Isoleucine.....g	1.408		0		1		3.224	11.377	
Leucine.....g	2.186		0		1		5.006	17.663	
Lysine.....g	2.555		0		1		5.851	20.644	
Methionine.....g	0.790		0		1		1.809	6.383	
Cystine.....g	0.313		0		1		0.717	2.529	
Phenylalanine.....g	1.103		0		1		2.526	8.912	
Tyrosine.....g	1.064		0		1		2.437	8.597	
Valine.....g	1.467		0		1		3.359	11.853	
Arginine.....g	1.995		0		1		4.569	16.120	
Histidine.....g	0.844		0		1		1.933	6.820	
Alanine.....g	1.810		0		1		4.145	14.625	
Aspartic acid.....g	2.721		0		1		6.231	21.986	
Glutamic acid.....g	4.491		0		1		10.284	36.287	
Glycine.....g	1.746		0		1		3.998	14.108	
Proline.....g	1.337		0		1		3.062	10.803	
Serine.....g	1.245		0		1		2.851	10.060	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 229g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 808g: .5 turkey, bone removed

NDB No. 05200

Turkey, fryer-roasters, meat and skin, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05199

Turkey, fryer-roasters, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0		1		4.712	16.614	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.806	2.842	
17:1.....g									
18:1 undifferentiated.....g	1.230		0		1		3.813	13.444	
20:1.....g	0.010		0		1		0.031	0.109	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.060		0		1		3.286	11.586	
18:2 undifferentiated.....g	0.920		0		1		2.852	10.056	
18:3 undifferentiated.....g	0.060		0		1		0.186	0.656	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.186	0.656	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.031	0.109	
22:6 n-3.....g	0.010		0		1		0.031	0.109	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	1.446	6		1		251	885	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.766	2.700	
Threonine.....g	0.977		0		1		3.029	10.679	
Isoleucine.....g	1.122		0		1		3.478	12.263	
Leucine.....g	1.739		0		1		5.391	19.007	
Lysine.....g	2.036		0		1		6.312	22.253	
Methionine.....g	0.629		0		1		1.950	6.875	
Cystine.....g	0.246		0		1		0.763	2.689	
Phenylalanine.....g	0.875		0		1		2.713	9.564	
Tyrosine.....g	0.849		0		1		2.632	9.280	
Valine.....g	1.165		0		1		3.612	12.733	
Arginine.....g	1.576		0		1		4.886	17.226	
Histidine.....g	0.673		0		1		2.086	7.356	
Alanine.....g	1.425		0		1		4.418	15.575	
Aspartic acid.....g	2.156		0		1		6.684	23.565	
Glutamic acid.....g	3.569		0		1		11.064	39.009	
Glycine.....g	1.339		0		1		4.151	14.635	
Proline.....g	1.039		0		1		3.221	11.356	
Serine.....g	0.987		0		1		3.060	10.788	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 310g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1093g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05202

Turkey, fryer-roasters, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.560		0		1		0.784	1.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.112	0.156	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		0.658	0.917	
20:1.....g	0.010		0		1		0.014	0.020	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.020	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0		1		1.078	1.502	
18:2 undifferentiated.....g	0.600		0		1		0.840	1.170	
18:3 undifferentiated.....g	0.020		0		1		0.028	0.039	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.195	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.028	0.039	
22:6 n-3.....g	0.020		0		1		0.028	0.039	
Fatty acids, total trans.....g									
Cholesterol.....mg	98	5.793	6		1		137	191	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.336		0		1		0.470	0.655	
Threonine.....g	1.315		0		1		1.841	2.564	
Isoleucine.....g	1.537		0		1		2.152	2.997	
Leucine.....g	2.355		0		1		3.297	4.592	
Lysine.....g	2.785		0		1		3.899	5.431	
Methionine.....g	0.856		0		1		1.198	1.669	
Cystine.....g	0.307		0		1		0.430	0.599	
Phenylalanine.....g	1.173		0		1		1.642	2.287	
Tyrosine.....g	1.168		0		1		1.635	2.278	
Valine.....g	1.570		0		1		2.198	3.062	
Arginine.....g	2.062		0		1		2.887	4.021	
Histidine.....g	0.922		0		1		1.291	1.798	
Alanine.....g	1.830		0		1		2.562	3.569	
Aspartic acid.....g	2.871		0		1		4.019	5.598	
Glutamic acid.....g	4.824		0		1		6.754	9.407	
Glycine.....g	1.466		0		1		2.052	2.859	
Proline.....g	1.230		0		1		1.722	2.399	
Serine.....g	1.315		0		1		1.841	2.564	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 195g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05201

Turkey, fryer-roasters, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.691	2.515	
Threonine.....g	0.993		0		1		2.701	9.831	
Isoleucine.....g	1.161		0		1		3.158	11.494	
Leucine.....g	1.778		0		1		4.836	17.602	
Lysine.....g	2.103		0		1		5.720	20.820	
Methionine.....g	0.646		0		1		1.757	6.395	
Cystine.....g	0.232		0		1		0.631	2.297	
Phenylalanine.....g	0.886		0		1		2.410	8.771	
Tyrosine.....g	0.882		0		1		2.399	8.732	
Valine.....g	1.186		0		1		3.226	11.741	
Arginine.....g	1.557		0		1		4.235	15.414	
Histidine.....g	0.696		0		1		1.893	6.890	
Alanine.....g	1.382		0		1		3.759	13.682	
Aspartic acid.....g	2.168		0		1		5.897	21.463	
Glutamic acid.....g	3.642		0		1		9.906	36.056	
Glycine.....g	1.107		0		1		3.011	10.959	
Proline.....g	0.928		0		1		2.524	9.187	
Serine.....g	0.993		0		1		2.701	9.831	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 272g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 990g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05204

Turkey, fryer-roasters, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.920		0		1		3.373	12.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.720		0		1		0.585	2.081	
17:1.....g									
18:1 undifferentiated.....g	7.990		0		1		2.717	9.668	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.330		0		1		1.812	6.449	
18:2 undifferentiated.....g	4.820		0		1		1.639	5.832	
18:3 undifferentiated.....g	0.360		0		1		0.122	0.436	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.020	0.073	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	144	9.459	6		1		49	174	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.167		0		1		0.057	0.202	
Threonine.....g	0.747		0		1		0.254	0.904	
Isoleucine.....g	0.673		0		1		0.229	0.814	
Leucine.....g	1.229		0		1		0.418	1.487	
Lysine.....g	1.250		0		1		0.425	1.513	
Methionine.....g	0.419		0		1		0.142	0.507	
Cystine.....g	0.348		0		1		0.118	0.421	
Phenylalanine.....g	0.707		0		1		0.240	0.855	
Tyrosine.....g	0.476		0		1		0.162	0.576	
Valine.....g	0.881		0		1		0.300	1.066	
Arginine.....g	1.615		0		1		0.549	1.954	
Histidine.....g	0.402		0		1		0.137	0.486	
Alanine.....g	1.698		0		1		0.577	2.055	
Aspartic acid.....g	1.873		0		1		0.637	2.266	
Glutamic acid.....g	2.603		0		1		0.885	3.150	
Glycine.....g	3.340		0		1		1.136	4.041	
Proline.....g	1.953		0		1		0.664	2.363	
Serine.....g	0.851		0		1		0.289	1.030	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 121g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05203

Turkey, fryer-roasters, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.030		0		1		3.811	13.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.740	0.108	14		1		0.661	2.314	
17:1.....g									
18:1 undifferentiated.....g	8.080	0.402	14		1		3.070	10.746	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.390		0		1		2.048	7.169	
18:2 undifferentiated.....g	4.870	0.255	14		1		1.851	6.477	
18:3 undifferentiated.....g	0.360	0.028	11		1		0.137	0.479	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.007	10		1		0.023	0.080	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	139	6.763	6		1		53	185	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.051	0.177	
Threonine.....g	0.592		0		1		0.225	0.787	
Isoleucine.....g	0.534		0		1		0.203	0.710	
Leucine.....g	0.974		0		1		0.370	1.295	
Lysine.....g	0.990		0		1		0.376	1.317	
Methionine.....g	0.332		0		1		0.126	0.442	
Cystine.....g	0.276		0		1		0.105	0.367	
Phenylalanine.....g	0.560		0		1		0.213	0.745	
Tyrosine.....g	0.377		0		1		0.143	0.501	
Valine.....g	0.698		0		1		0.265	0.928	
Arginine.....g	1.280		0		1		0.486	1.702	
Histidine.....g	0.319		0		1		0.121	0.424	
Alanine.....g	1.346		0		1		0.511	1.790	
Aspartic acid.....g	1.484		0		1		0.564	1.974	
Glutamic acid.....g	2.063		0		1		0.784	2.744	
Glycine.....g	2.647		0		1		1.006	3.521	
Proline.....g	1.548		0		1		0.588	2.059	
Serine.....g	0.674		0		1		0.256	0.896	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 133g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05226

Turkey, fryer-roasters, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.620		0		1		0.905	3.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.610		0		1		0.153	0.549	
17:1.....g									
18:1 undifferentiated.....g	2.920		0		1		0.730	2.628	
20:1.....g	0.010		0		1		0.003	0.009	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.350		0		1		0.588	2.115	
18:2 undifferentiated.....g	1.970		0		1		0.493	1.773	
18:3 undifferentiated.....g	0.130		0		1		0.033	0.117	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.035	0.126	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.005	0.018	
22:6 n-3.....g	0.020		0		1		0.005	0.018	
Fatty acids, total trans.....g									
Cholesterol.....mg	115	2.832	6		1		29	104	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.073	0.262	
Threonine.....g	1.170		0		1		0.293	1.053	
Isoleucine.....g	1.303		0		1		0.326	1.173	
Leucine.....g	2.061		0		1		0.515	1.855	
Lysine.....g	2.371		0		1		0.593	2.134	
Methionine.....g	0.740		0		1		0.185	0.666	
Cystine.....g	0.330		0		1		0.083	0.297	
Phenylalanine.....g	1.057		0		1		0.264	0.951	
Tyrosine.....g	0.979		0		1		0.245	0.881	
Valine.....g	1.394		0		1		0.349	1.255	
Arginine.....g	1.979		0		1		0.495	1.781	
Histidine.....g	0.781		0		1		0.195	0.703	
Alanine.....g	1.842		0		1		0.461	1.658	
Aspartic acid.....g	2.633		0		1		0.658	2.370	
Glutamic acid.....g	4.249		0		1		1.062	3.824	
Glycine.....g	2.118		0		1		0.530	1.906	
Proline.....g	1.501		0		1		0.375	1.351	
Serine.....g	1.204		0		1		0.301	1.084	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 90g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05225

Turkey, fryer-roasters, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.090		0		1		1.112	3.955	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.191	0.678	
17:1.....g									
18:1 undifferentiated.....g	2.490		0		1		0.896	3.187	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		1		0.648	2.304	
18:2 undifferentiated.....g	1.570		0		1		0.565	2.010	
18:3 undifferentiated.....g	0.110		0		1		0.040	0.141	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.022	0.077	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.004	0.013	
22:6 n-3.....g	0.010		0		1		0.004	0.013	
Fatty acids, total trans.....g									
Cholesterol.....mg	98	1.823	6		1		35	125	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0		1		0.079	0.282	
Threonine.....g	0.884		0		1		0.318	1.132	
Isoleucine.....g	0.987		0		1		0.355	1.263	
Leucine.....g	1.559		0		1		0.561	1.996	
Lysine.....g	1.796		0		1		0.647	2.299	
Methionine.....g	0.560		0		1		0.202	0.717	
Cystine.....g	0.247		0		1		0.089	0.316	
Phenylalanine.....g	0.798		0		1		0.287	1.021	
Tyrosine.....g	0.742		0		1		0.267	0.950	
Valine.....g	1.053		0		1		0.379	1.348	
Arginine.....g	1.490		0		1		0.536	1.907	
Histidine.....g	0.592		0		1		0.213	0.758	
Alanine.....g	1.384		0		1		0.498	1.772	
Aspartic acid.....g	1.987		0		1		0.715	2.543	
Glutamic acid.....g	3.212		0		1		1.156	4.111	
Glycine.....g	1.570		0		1		0.565	2.010	
Proline.....g	1.119		0		1		0.403	1.432	
Serine.....g	0.908		0		1		0.327	1.162	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 128g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05228

Turkey, fryer-roasters, wing, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.600		0		1		0.102	0.360	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.014	0.048	
17:1.....g									
18:1 undifferentiated.....g	0.500		0		1		0.085	0.300	
20:1.....g	0.020		0		1		0.003	0.012	
22:1 undifferentiated.....g	0.020		0		1		0.003	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.920		0		1		0.156	0.552	
18:2 undifferentiated.....g	0.610		0		1		0.104	0.366	
18:3 undifferentiated.....g	0.020		0		1		0.003	0.012	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.180		0		1		0.031	0.108	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.005	0.018	
22:6 n-3.....g	0.040		0		1		0.007	0.024	
Fatty acids, total trans.....g									
Cholesterol.....mg	102	3.124	6		1		17	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.350		0		1		0.060	0.210	
Threonine.....g	1.372		0		1		0.233	0.823	
Isoleucine.....g	1.604		0		1		0.273	0.962	
Leucine.....g	2.458		0		1		0.418	1.475	
Lysine.....g	2.907		0		1		0.494	1.744	
Methionine.....g	0.893		0		1		0.152	0.536	
Cystine.....g	0.321		0		1		0.055	0.193	
Phenylalanine.....g	1.224		0		1		0.208	0.734	
Tyrosine.....g	1.219		0		1		0.207	0.731	
Valine.....g	1.639		0		1		0.279	0.983	
Arginine.....g	2.152		0		1		0.366	1.291	
Histidine.....g	0.963		0		1		0.164	0.578	
Alanine.....g	1.910		0		1		0.325	1.146	
Aspartic acid.....g	2.996		0		1		0.509	1.798	
Glutamic acid.....g	5.035		0		1		0.856	3.021	
Glycine.....g	1.530		0		1		0.260	0.918	
Proline.....g	1.283		0		1		0.218	0.770	
Serine.....g	1.372		0		1		0.233	0.823	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 60g: 1 wing, bone and skin removed

NDB No. 05228

Turkey, fryer-roasters, wing, meat only, cooked, roasted

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05227

Turkey, fryer-roasters, wing, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.200		0		1		0.052	0.180	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030	0.005	12		1		0.008	0.027	
17:1.....g									
18:1 undifferentiated.....g	0.160	0.019	12		1		0.042	0.144	
20:1.....g	0.010	0.001	10		1		0.003	0.009	
22:1 undifferentiated.....g	0.010	0.001	10		1		0.003	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.078	0.270	
18:2 undifferentiated.....g	0.200	0.024	12		1		0.052	0.180	
18:3 undifferentiated.....g	0.010	0.002	12		1		0.003	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.009	11		1		0.016	0.054	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.002	10		1		0.003	0.009	
22:6 n-3.....g	0.010	0.004	10		1		0.003	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	3.060	6		1		21	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0		1		0.066	0.230	
Threonine.....g	1.000		0		1		0.260	0.900	
Isoleucine.....g	1.169		0		1		0.304	1.052	
Leucine.....g	1.792		0		1		0.466	1.613	
Lysine.....g	2.119		0		1		0.551	1.907	
Methionine.....g	0.651		0		1		0.169	0.586	
Cystine.....g	0.234		0		1		0.061	0.211	
Phenylalanine.....g	0.892		0		1		0.232	0.803	
Tyrosine.....g	0.889		0		1		0.231	0.800	
Valine.....g	1.195		0		1		0.311	1.076	
Arginine.....g	1.569		0		1		0.408	1.412	
Histidine.....g	0.702		0		1		0.183	0.632	
Alanine.....g	1.392		0		1		0.362	1.253	
Aspartic acid.....g	2.184		0		1		0.568	1.966	
Glutamic acid.....g	3.670		0		1		0.954	3.303	
Glycine.....g	1.115		0		1		0.290	1.004	
Proline.....g	0.935		0		1		0.243	0.842	
Serine.....g	1.000		0		1		0.260	0.900	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 90g: 1 wing, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05174

Turkey, gizzard, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.210		1	A	1		1.016	1.755	
14:1.....g	0.007		1	A	1		0.006	0.010	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.224		1	A	1		0.188	0.325	
17:1.....g									
18:1 undifferentiated.....g	0.969		1	A	1		0.814	1.405	
20:1.....g	0.010		1	A	1		0.008	0.015	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.503		1	A	1		0.423	0.729	
18:2 undifferentiated.....g	0.410		1	A	1		0.344	0.595	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.010		1	A	1		0.008	0.015	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.065		1	A	1		0.055	0.094	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	203		1	A	1		171	294	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 84g: 1 gizzard

Measure 2 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05173
Turkey, gizzard, all classes, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.588		1	A	1		1.572		
14:1.....g	0.007		1	A	1		0.007		
15:1.....g	0.005		1	A	1		0.005		
16:1 undifferentiated.....g	0.240		1	A	1		0.238		
17:1.....g									
18:1 undifferentiated.....g	1.328		1	A	1		1.315		
20:1.....g	0.013		1	A	1		0.013		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.777		1	A	1		0.769		
18:2 undifferentiated.....g	0.638		1	A	1		0.632		
18:3 undifferentiated.....g	0.000		0	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.011		1	A	1		0.011		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.100		1	A	1		0.099		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	197		1	A	1		195		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 gizzard

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05176

Turkey, heart, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	1.138		1	A	1		0.239	1.650	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.153		1	A	1		0.032	0.222	
17:1.....g									
18:1 undifferentiated.....g	0.975		1	A	1		0.205	1.414	
20:1.....g	0.010		1	A	1		0.002	0.015	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.191		1	A	1		0.250	1.727	
18:2 undifferentiated.....g	0.835		1	A	1		0.175	1.211	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.014		1	A	1		0.003	0.020	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.318		1	A	1		0.067	0.461	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	184		1	A	1		39	267	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	32		1	A	1		6.720	46.400	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 heart

Measure 2 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05175
Turkey, heart, all classes, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.007		1	A	1		0.002		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.296		1	A	1		0.080		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	147		1	A	1		40		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	23		1	A	1		6.102		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	21		1	A	1		5.535		
Lutein + zeaxanthin.....mcg	30		1	A	1		8.181		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 heart

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43391

Turkey, light or dark meat, smoked, cooked, skin, bone removed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.036					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151					4			
17:1.....g									
18:1 undifferentiated.....g	0.855					4			
20:1.....g	0.020					4			
22:1 undifferentiated.....g	0.020					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.439					4			
18:2 undifferentiated.....g	1.087					4			
18:3 undifferentiated.....g	0.040					4			
18:4.....g	0.000					4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.211					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.030					4			
22:6 n-3.....g	0.040					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	76					4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 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									
Others:									
Alcohol, ethyl.....g	0.0				7			0.0	0.0
Caffeine.....mg	0		0	Z	7			0	0
Theobromine.....mg	0		0	Z	7			0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7			0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7			0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7			0.000	0.000
Lycopene.....mcg	0		0	Z	7			0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7			0.000	0.000

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Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05178

Turkey, liver, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	9.108		1	A	1		7.560	12.751	
14:1.....g	0.040		1	A	1		0.033	0.056	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.069		1	A	1		0.887	1.497	
17:1.....g									
18:1 undifferentiated.....g	7.958		1	A	1		6.605	11.141	
20:1.....g	0.041		1	A	1		0.034	0.057	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.022		1	A	1		1.678	2.831	
18:2 undifferentiated.....g	1.555		1	A	1		1.291	2.177	
18:3 undifferentiated.....g	0.022		0	A	1		0.018	0.031	
18:3 n-6 c,c,c.....g	0.022		1	A	1		0.018	0.031	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.395		1	A	1		0.328	0.553	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	388		1	A	1		322	543	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 83g: 1 liver

Measure 2 = 140g: 1 cup, chopped or diced

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05177
Turkey, liver, all classes, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	7.397		1	A	1		7.397		
14:1.....g	0.036		1	A	1		0.036		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	1.024		1	A	1		1.024		
17:1.....g									
18:1 undifferentiated.....g	6.300		1	A	1		6.300		
20:1.....g	0.037		1	A	1		0.037		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.650		1	A	1		1.650		
18:2 undifferentiated.....g	1.280		1	A	1		1.280		
18:3 undifferentiated.....g	0.000		0	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.326		1	A	1		0.326		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	331		1	A	1		331		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	29		1	A	1		29.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	76		1	A	1		75.600		

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Common Measures:

Measure 1 = 100g: 1 liver

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05304

Turkey, mechanically deboned, from turkey frames, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.020		0		1		11.395		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		4		1		0.568		
17:1.....g									
18:1 undifferentiated.....g	4.770		4		1		10.828		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.510		0		1		10.238		
18:2 undifferentiated.....g	4.180		4		1		9.489		
18:3 undifferentiated.....g	0.330		4		1		0.749		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		4		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		4		0.241		
Threonine.....g	0.636		0		1		1.444		
Isoleucine.....g	0.502		0		1		1.140		
Leucine.....g	1.082		0		1		2.456		
Lysine.....g	1.152		0		1		2.615		
Methionine.....g	0.374		0		1		0.849		
Cystine.....g	0.098		0		1		0.222		
Phenylalanine.....g	0.551		0		1		1.251		
Tyrosine.....g	0.472		0		1		1.071		
Valine.....g	0.544		0		1		1.235		
Arginine.....g	0.867		0		1		1.968		
Histidine.....g	0.504		0		1		1.144		
Alanine.....g	0.870		0		1		1.975		
Aspartic acid.....g	1.352		0		1		3.069		
Glutamic acid.....g	2.230		0		1		5.062		
Glycine.....g	0.778		0		1		1.766		
Proline.....g	0.648		0		1		1.471		
Serine.....g	0.621		0		1		1.410		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43366

Turkey, wing, smoked, cooked, with skin, bone removed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.651				4			0.884	0.791
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.788				4			0.150	0.134
17:1.....g									
18:1 undifferentiated.....g	3.753				4			0.713	0.638
20:1.....g	0.010				4			0.002	0.002
22:1 undifferentiated.....g	0.010				4			0.002	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.934				4			0.557	0.499
18:2 undifferentiated.....g	2.485				4			0.472	0.422
18:3 undifferentiated.....g	0.160				4			0.030	0.027
18:4.....g	0.000				4			0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160				4			0.030	0.027
20:5 n-3.....g	0.000				4			0.000	0.000
22:5 n-3.....g	0.020				4			0.004	0.003
22:6 n-3.....g	0.030				4			0.006	0.005
Fatty acids, total trans.....g									
Cholesterol.....mg	81				4			15	14
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7			0.0	0.0
Caffeine.....mg	0		0	Z	7			0	0
Theobromine.....mg	0		0	Z	7			0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7			0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7			0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7			0.000	0.000
Lycopene.....mcg	0		0	Z	7			0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7			0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 2 = 19g: 1 oz with bone, cooked (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05246

Turkey, young hen, back, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.621	0.100	
Threonine.....g	1.139		0		1		2.472	0.399	
Isoleucine.....g	1.292		0		1		2.804	0.452	
Leucine.....g	2.019		0		1		4.381	0.707	
Lysine.....g	2.348		0		1		5.095	0.822	
Methionine.....g	0.728		0		1		1.580	0.255	
Cystine.....g	0.301		0		1		0.653	0.105	
Phenylalanine.....g	1.024		0		1		2.222	0.358	
Tyrosine.....g	0.975		0		1		2.116	0.341	
Valine.....g	1.358		0		1		2.947	0.475	
Arginine.....g	1.873		0		1		4.064	0.656	
Histidine.....g	0.775		0		1		1.682	0.271	
Alanine.....g	1.714		0		1		3.719	0.600	
Aspartic acid.....g	2.534		0		1		5.499	0.887	
Glutamic acid.....g	4.152		0		1		9.010	1.453	
Glycine.....g	1.758		0		1		3.815	0.615	
Proline.....g	1.309		0		1		2.841	0.458	
Serine.....g	1.159		0		1		2.515	0.406	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 217g: .5 back, bone removed

Measure 2 = 35g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05245

Turkey, young hen, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	6.120		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 16 (2003)

NDB No. 05248

Turkey, young hen, 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	2.500		0		1		2.725	17.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.447	2.813	
17:1.....g									
18:1 undifferentiated.....g	2.030		0		1		2.213	13.926	
20:1.....g	0.020		0		1		0.022	0.137	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.069	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.930		0		1		2.104	13.240	
18:2 undifferentiated.....g	1.520		0		1		1.657	10.427	
18:3 undifferentiated.....g	0.080		0		1		0.087	0.549	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.207	1.303	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.033	0.206	
22:6 n-3.....g	0.040		0		1		0.044	0.274	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		78	494	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.321		0		1		0.350	2.202	
Threonine.....g	1.264		0		1		1.378	8.671	
Isoleucine.....g	1.459		0		1		1.590	10.009	
Leucine.....g	2.254		0		1		2.457	15.462	
Lysine.....g	2.647		0		1		2.885	18.158	
Methionine.....g	0.817		0		1		0.891	5.605	
Cystine.....g	0.312		0		1		0.340	2.140	
Phenylalanine.....g	1.131		0		1		1.233	7.759	
Tyrosine.....g	1.105		0		1		1.204	7.580	
Valine.....g	1.508		0		1		1.644	10.345	
Arginine.....g	2.023		0		1		2.205	13.878	
Histidine.....g	0.876		0		1		0.955	6.009	
Alanine.....g	1.820		0		1		1.984	12.485	
Aspartic acid.....g	2.782		0		1		3.032	19.085	
Glutamic acid.....g	4.625		0		1		5.041	31.728	
Glycine.....g	1.640		0		1		1.788	11.250	
Proline.....g	1.298		0		1		1.415	8.904	
Serine.....g	1.274		0		1		1.389	8.740	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 109g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 686g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05247

Turkey, young hen, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.190		0		1		4.434	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									

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Common Measures:

Measure 1 = 139g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 874g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05240

Turkey, young hen, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.060		0		1		4.304	26.999	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0		1		0.700	4.389	
17:1.....g									
18:1 undifferentiated.....g	3.300		0		1		3.498	21.945	
20:1.....g	0.030		0		1		0.032	0.200	
22:1 undifferentiated.....g	0.020		0		1		0.021	0.133	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.420		0		1		3.625	22.743	
18:2 undifferentiated.....g	2.890		0		1		3.063	19.219	
18:3 undifferentiated.....g	0.150		0		1		0.159	0.998	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.276	1.729	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.042	0.266	
22:6 n-3.....g	0.050		0		1		0.053	0.333	
Fatty acids, total trans.....g									
Cholesterol.....mg	84	3.021	15		1		89	559	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.303		0		1		0.321	2.015	
Threonine.....g	1.196		0		1		1.268	7.953	
Isoleucine.....g	1.375		0		1		1.458	9.144	
Leucine.....g	2.130		0		1		2.258	14.165	
Lysine.....g	2.495		0		1		2.645	16.592	
Methionine.....g	0.771		0		1		0.817	5.127	
Cystine.....g	0.300		0		1		0.318	1.995	
Phenylalanine.....g	1.072		0		1		1.136	7.129	
Tyrosine.....g	1.041		0		1		1.103	6.923	
Valine.....g	1.427		0		1		1.513	9.490	
Arginine.....g	1.927		0		1		2.043	12.815	
Histidine.....g	0.825		0		1		0.875	5.486	
Alanine.....g	1.741		0		1		1.845	11.578	
Aspartic acid.....g	2.639		0		1		2.797	17.549	
Glutamic acid.....g	4.372		0		1		4.634	29.074	
Glycine.....g	1.624		0		1		1.721	10.800	
Proline.....g	1.264		0		1		1.340	8.406	
Serine.....g	1.208		0		1		1.280	8.033	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 665g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05239

Turkey, young hen, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	3.530		0		1		5.366	33.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.897	5.623	
17:1.....g									
18:1 undifferentiated.....g	2.870		0		1		4.362	27.351	
20:1.....g	0.020		0		1		0.030	0.191	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.095	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.640		0		1		4.013	25.159	
18:2 undifferentiated.....g	2.270		0		1		3.450	21.633	
18:3 undifferentiated.....g	0.130		0		1		0.198	1.239	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.258	1.620	
20:5 n-3.....g									
22:5 n-3.....g	0.020		0		1		0.030	0.191	
22:6 n-3.....g	0.030		0		1		0.046	0.286	
Fatty acids, total trans.....g									
Cholesterol.....mg	65	2.028	15		1		99	619	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.313	1.963	
Threonine.....g	0.814		0		1		1.237	7.757	
Isoleucine.....g	0.936		0		1		1.423	8.920	
Leucine.....g	1.450		0		1		2.204	13.819	
Lysine.....g	1.698		0		1		2.581	16.182	
Methionine.....g	0.525		0		1		0.798	5.003	
Cystine.....g	0.205		0		1		0.312	1.954	
Phenylalanine.....g	0.730		0		1		1.110	6.957	
Tyrosine.....g	0.708		0		1		1.076	6.747	
Valine.....g	0.972		0		1		1.477	9.263	
Arginine.....g	1.314		0		1		1.997	12.522	
Histidine.....g	0.561		0		1		0.853	5.346	
Alanine.....g	1.188		0		1		1.806	11.322	
Aspartic acid.....g	1.798		0		1		2.733	17.135	
Glutamic acid.....g	2.976		0		1		4.524	28.361	
Glycine.....g	1.115		0		1		1.695	10.626	
Proline.....g	0.865		0		1		1.315	8.243	
Serine.....g	0.823		0		1		1.251	7.843	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 953g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05244

Turkey, young hen, dark meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.770		0		1		2.478	1.646	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.364	0.242	
17:1.....g									
18:1 undifferentiated.....g	1.460		0		1		2.044	1.358	
20:1.....g	0.030		0		1		0.042	0.028	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.019	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.330		0		1		3.262	2.167	
18:2 undifferentiated.....g	1.890		0		1		2.646	1.758	
18:3 undifferentiated.....g	0.070		0		1		0.098	0.065	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.280		0		1		0.392	0.260	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.056	0.037	
22:6 n-3.....g	0.060		0		1		0.084	0.056	
Fatty acids, total trans.....g									
Cholesterol.....mg	80	3.061	15		1		112	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0		1		0.452	0.300	
Threonine.....g	1.264		0		1		1.770	1.176	
Isoleucine.....g	1.478		0		1		2.069	1.375	
Leucine.....g	2.265		0		1		3.171	2.106	
Lysine.....g	2.679		0		1		3.751	2.491	
Methionine.....g	0.823		0		1		1.152	0.765	
Cystine.....g	0.296		0		1		0.414	0.275	
Phenylalanine.....g	1.128		0		1		1.579	1.049	
Tyrosine.....g	1.123		0		1		1.572	1.044	
Valine.....g	1.510		0		1		2.114	1.404	
Arginine.....g	1.983		0		1		2.776	1.844	
Histidine.....g	0.887		0		1		1.242	0.825	
Alanine.....g	1.760		0		1		2.464	1.637	
Aspartic acid.....g	2.761		0		1		3.865	2.568	
Glutamic acid.....g	4.639		0		1		6.495	4.314	
Glycine.....g	1.410		0		1		1.974	1.311	
Proline.....g	1.182		0		1		1.655	1.099	
Serine.....g	1.264		0		1		1.770	1.176	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05243

Turkey, young hen, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.110		0		1		1.443	9.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160	0.038	8		1		0.208	1.299	
17:1.....g									
18:1 undifferentiated.....g	0.920	0.091	8		1		1.196	7.470	
20:1.....g	0.020	0.003	7		1		0.026	0.162	
22:1 undifferentiated.....g	0.010	0.003	7		1		0.013	0.081	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.460		0		1		1.898	11.855	
18:2 undifferentiated.....g	1.180	0.113	8		1		1.534	9.582	
18:3 undifferentiated.....g	0.040	0.014	8		1		0.052	0.325	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170	0.029	8		1		0.221	1.380	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030	0.006	7		1		0.039	0.244	
22:6 n-3.....g	0.040	0.021	7		1		0.052	0.325	
Fatty acids, total trans.....g									
Cholesterol.....mg	62	2.089	15		1		81	503	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.296	1.851	
Threonine.....g	0.893		0		1		1.161	7.251	
Isoleucine.....g	1.044		0		1		1.357	8.477	
Leucine.....g	1.599		0		1		2.079	12.984	
Lysine.....g	1.891		0		1		2.458	15.355	
Methionine.....g	0.581		0		1		0.755	4.718	
Cystine.....g	0.209		0		1		0.272	1.697	
Phenylalanine.....g	0.796		0		1		1.035	6.464	
Tyrosine.....g	0.793		0		1		1.031	6.439	
Valine.....g	1.066		0		1		1.386	8.656	
Arginine.....g	1.400		0		1		1.820	11.368	
Histidine.....g	0.626		0		1		0.814	5.083	
Alanine.....g	1.243		0		1		1.616	10.093	
Aspartic acid.....g	1.949		0		1		2.534	15.826	
Glutamic acid.....g	3.275		0		1		4.258	26.593	
Glycine.....g	0.995		0		1		1.294	8.079	
Proline.....g	0.835		0		1		1.086	6.780	
Serine.....g	0.893		0		1		1.161	7.251	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 812g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05250

Turkey, young hen, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	3.040		0		1		2.158	13.619	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		0.341	2.150	
17:1.....g									
18:1 undifferentiated.....g	2.480		0		1		1.761	11.110	
20:1.....g	0.030		0		1		0.021	0.134	
22:1 undifferentiated.....g	0.020		0		1		0.014	0.090	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.910		0		1		2.066	13.037	
18:2 undifferentiated.....g	2.430		0		1		1.725	10.886	
18:3 undifferentiated.....g	0.120		0		1		0.085	0.538	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.185	1.165	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.028	0.179	
22:6 n-3.....g	0.060		0		1		0.043	0.269	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		58	367	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.220	1.389	
Threonine.....g	1.221		0		1		0.867	5.470	
Isoleucine.....g	1.414		0		1		1.004	6.335	
Leucine.....g	2.180		0		1		1.548	9.766	
Lysine.....g	2.565		0		1		1.821	11.491	
Methionine.....g	0.790		0		1		0.561	3.539	
Cystine.....g	0.298		0		1		0.212	1.335	
Phenylalanine.....g	1.092		0		1		0.775	4.892	
Tyrosine.....g	1.072		0		1		0.761	4.803	
Valine.....g	1.457		0		1		1.034	6.527	
Arginine.....g	1.945		0		1		1.381	8.714	
Histidine.....g	0.848		0		1		0.602	3.799	
Alanine.....g	1.744		0		1		1.238	7.813	
Aspartic acid.....g	2.683		0		1		1.905	12.020	
Glutamic acid.....g	4.471		0		1		3.174	20.030	
Glycine.....g	1.530		0		1		1.086	6.854	
Proline.....g	1.226		0		1		0.870	5.492	
Serine.....g	1.228		0		1		0.872	5.501	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 448g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05249

Turkey, young hen, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.290		0		1		2.405	15.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.389	2.427	
17:1.....g									
18:1 undifferentiated.....g	1.870		0		1		1.964	12.267	
20:1.....g	0.020		0		1		0.021	0.131	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.066	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.040		0		1		2.142	13.382	
18:2 undifferentiated.....g	1.710		0		1		1.796	11.218	
18:3 undifferentiated.....g	0.090		0		1		0.095	0.590	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.179	1.115	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.131	
22:6 n-3.....g	0.040		0		1		0.042	0.262	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		66	413	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.218		0		1		0.229	1.430	
Threonine.....g	0.858		0		1		0.901	5.628	
Isoleucine.....g	0.995		0		1		1.045	6.527	
Leucine.....g	1.533		0		1		1.610	10.056	
Lysine.....g	1.804		0		1		1.894	11.834	
Methionine.....g	0.556		0		1		0.584	3.647	
Cystine.....g	0.208		0		1		0.218	1.364	
Phenylalanine.....g	0.767		0		1		0.805	5.032	
Tyrosine.....g	0.755		0		1		0.793	4.953	
Valine.....g	1.024		0		1		1.075	6.717	
Arginine.....g	1.364		0		1		1.432	8.948	
Histidine.....g	0.597		0		1		0.627	3.916	
Alanine.....g	1.222		0		1		1.283	8.016	
Aspartic acid.....g	1.884		0		1		1.978	12.359	
Glutamic acid.....g	3.143		0		1		3.300	20.618	
Glycine.....g	1.060		0		1		1.113	6.954	
Proline.....g	0.854		0		1		0.897	5.602	
Serine.....g	0.863		0		1		0.906	5.661	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 656g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05238

Turkey, young hen, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	3.150		0		1		4.316	27.059	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		0.712	4.467	
17:1.....g									
18:1 undifferentiated.....g	2.550		0		1		3.494	21.905	
20:1.....g	0.020		0		1		0.027	0.172	
22:1 undifferentiated.....g	0.020		0		1		0.027	0.172	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0		1		3.124	19.585	
18:2 undifferentiated.....g	1.840		0		1		2.521	15.806	
18:3 undifferentiated.....g	0.110		0		1		0.151	0.945	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.274	1.718	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.041	0.258	
22:6 n-3.....g	0.040		0		1		0.055	0.344	
Fatty acids, total trans.....g									
Cholesterol.....mg	74	2.097	15		1		101	636	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.317		0		1		0.434	2.723	
Threonine.....g	1.252		0		1		1.715	10.755	
Isoleucine.....g	1.441		0		1		1.974	12.378	
Leucine.....g	2.231		0		1		3.056	19.164	
Lysine.....g	2.614		0		1		3.581	22.454	
Methionine.....g	0.807		0		1		1.106	6.932	
Cystine.....g	0.313		0		1		0.429	2.689	
Phenylalanine.....g	1.122		0		1		1.537	9.638	
Tyrosine.....g	1.091		0		1		1.495	9.372	
Valine.....g	1.494		0		1		2.047	12.833	
Arginine.....g	2.016		0		1		2.762	17.317	
Histidine.....g	0.864		0		1		1.184	7.422	
Alanine.....g	1.821		0		1		2.495	15.642	
Aspartic acid.....g	2.763		0		1		3.785	23.734	
Glutamic acid.....g	4.579		0		1		6.273	39.334	
Glycine.....g	1.692		0		1		2.318	14.534	
Proline.....g	1.319		0		1		1.807	11.330	
Serine.....g	1.265		0		1		1.733	10.866	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 859g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05237

Turkey, young hen, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.238		0		1		0.417	2.616	
Threonine.....g	0.940		0		1		1.645	10.331	
Isoleucine.....g	1.080		0		1		1.890	11.869	
Leucine.....g	1.674		0		1		2.930	18.397	
Lysine.....g	1.961		0		1		3.432	21.551	
Methionine.....g	0.606		0		1		1.061	6.660	
Cystine.....g	0.236		0		1		0.413	2.594	
Phenylalanine.....g	0.842		0		1		1.474	9.254	
Tyrosine.....g	0.818		0		1		1.432	8.990	
Valine.....g	1.121		0		1		1.962	12.320	
Arginine.....g	1.514		0		1		2.650	16.639	
Histidine.....g	0.648		0		1		1.134	7.122	
Alanine.....g	1.368		0		1		2.394	15.034	
Aspartic acid.....g	2.074		0		1		3.630	22.793	
Glutamic acid.....g	3.435		0		1		6.011	37.751	
Glycine.....g	1.277		0		1		2.235	14.034	
Proline.....g	0.993		0		1		1.738	10.913	
Serine.....g	0.949		0		1		1.661	10.430	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1099g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05242

Turkey, young hen, light meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.660		0		1		0.924	0.785	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.112	0.095	
17:1.....g									
18:1 undifferentiated.....g	0.540		0		1		0.756	0.643	
20:1.....g	0.020		0		1		0.028	0.024	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.024	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		1.400	1.190	
18:2 undifferentiated.....g	0.660		0		1		0.924	0.785	
18:3 undifferentiated.....g	0.020		0		1		0.028	0.024	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.280	0.238	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.036	
22:6 n-3.....g	0.040		0		1		0.056	0.048	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	1.999	15		1		95	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0		1		0.476	0.405	
Threonine.....g	1.330		0		1		1.862	1.583	
Isoleucine.....g	1.554		0		1		2.176	1.849	
Leucine.....g	2.382		0		1		3.335	2.835	
Lysine.....g	2.817		0		1		3.944	3.352	
Methionine.....g	0.866		0		1		1.212	1.031	
Cystine.....g	0.311		0		1		0.435	0.370	
Phenylalanine.....g	1.186		0		1		1.660	1.411	
Tyrosine.....g	1.181		0		1		1.653	1.405	
Valine.....g	1.588		0		1		2.223	1.890	
Arginine.....g	2.085		0		1		2.919	2.481	
Histidine.....g	0.933		0		1		1.306	1.110	
Alanine.....g	1.851		0		1		2.591	2.203	
Aspartic acid.....g	2.903		0		1		4.064	3.455	
Glutamic acid.....g	4.879		0		1		6.831	5.806	
Glycine.....g	1.483		0		1		2.076	1.765	
Proline.....g	1.244		0		1		1.742	1.480	
Serine.....g	1.330		0		1		1.862	1.583	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 119g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05241

Turkey, young hen, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.269		0		1		0.395	2.472	
Threonine.....g	1.052		0		1		1.546	9.668	
Isoleucine.....g	1.229		0		1		1.807	11.295	
Leucine.....g	1.884		0		1		2.769	17.314	
Lysine.....g	2.228		0		1		3.275	20.475	
Methionine.....g	0.685		0		1		1.007	6.295	
Cystine.....g	0.246		0		1		0.362	2.261	
Phenylalanine.....g	0.938		0		1		1.379	8.620	
Tyrosine.....g	0.934		0		1		1.373	8.583	
Valine.....g	1.256		0		1		1.846	11.543	
Arginine.....g	1.649		0		1		2.424	15.154	
Histidine.....g	0.738		0		1		1.085	6.782	
Alanine.....g	1.464		0		1		2.152	13.454	
Aspartic acid.....g	2.296		0		1		3.375	21.100	
Glutamic acid.....g	3.859		0		1		5.673	35.464	
Glycine.....g	1.173		0		1		1.724	10.780	
Proline.....g	0.984		0		1		1.446	9.043	
Serine.....g	1.052		0		1		1.546	9.668	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.390		0		1		8.916	111.870	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0		1		1.447	18.150	
17:1.....g									
18:1 undifferentiated.....g	2.750		0		1		7.233	90.750	
20:1.....g	0.020		0		1		0.053	0.660	
22:1 undifferentiated.....g	0.010		0		1		0.026	0.330	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.700		0		1		7.101	89.100	
18:2 undifferentiated.....g	2.230		0		1		5.865	73.590	
18:3 undifferentiated.....g	0.120		0		1		0.316	3.960	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.605	7.590	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.079	0.990	
22:6 n-3.....g	0.040		0		1		0.105	1.320	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		247	3102	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.818	10.263	
Threonine.....g	1.227		0		1		3.227	40.491	
Isoleucine.....g	1.409		0		1		3.706	46.497	
Leucine.....g	2.184		0		1		5.744	72.072	
Lysine.....g	2.537		0		1		6.672	83.721	
Methionine.....g	0.786		0		1		2.067	25.938	
Cystine.....g	0.308		0		1		0.810	10.164	
Phenylalanine.....g	1.104		0		1		2.904	36.432	
Tyrosine.....g	1.061		0		1		2.790	35.013	
Valine.....g	1.463		0		1		3.848	48.279	
Arginine.....g	1.966		0		1		5.171	64.878	
Histidine.....g	0.838		0		1		2.204	27.654	
Alanine.....g	1.763		0		1		4.637	58.179	
Aspartic acid.....g	2.698		0		1		7.096	89.034	
Glutamic acid.....g	4.469		0		1		11.753	147.477	
Glycine.....g	1.643		0		1		4.321	54.219	
Proline.....g	1.292		0		1		3.398	42.636	
Serine.....g	1.236		0		1		3.251	40.788	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3300g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05229

Turkey, young hen, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	3.130		0		1		139.504		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		23.176		
17:1.....g									
18:1 undifferentiated.....g	2.530		0		1		112.762		
20:1.....g	0.010		0		1		0.446		
22:1 undifferentiated.....g	0.010		0		1		0.446		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.180		0		1		97.163		
18:2 undifferentiated.....g	1.860		0		1		82.900		
18:3 undifferentiated.....g	0.110		0		1		4.903		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		6.240		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.020		0		1		0.891		
22:6 n-3.....g	0.020		0		1		0.891		
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		3254		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0		1		9.939		
Threonine.....g	0.882		0		1		39.311		
Isoleucine.....g	1.013		0		1		45.149		
Leucine.....g	1.570		0		1		69.975		
Lysine.....g	1.820		0		1		81.117		
Methionine.....g	0.565		0		1		25.182		
Cystine.....g	0.223		0		1		9.939		
Phenylalanine.....g	0.795		0		1		35.433		
Tyrosine.....g	0.762		0		1		33.962		
Valine.....g	1.052		0		1		46.888		
Arginine.....g	1.415		0		1		63.067		
Histidine.....g	0.601		0		1		26.787		
Alanine.....g	1.268		0		1		56.515		
Aspartic acid.....g	1.941		0		1		86.510		
Glutamic acid.....g	3.212		0		1		143.159		
Glycine.....g	1.192		0		1		53.127		
Proline.....g	0.935		0		1		41.673		
Serine.....g	0.889		0		1		39.623		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.540		0		1		8.602	53.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		0		1		1.409	8.839	
17:1.....g									
18:1 undifferentiated.....g	2.870		0		1		6.974	43.739	
20:1.....g	0.020		0		1		0.049	0.305	
22:1 undifferentiated.....g	0.020		0		1		0.049	0.305	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.780		0		1		6.755	42.367	
18:2 undifferentiated.....g	2.300		0		1		5.589	35.052	
18:3 undifferentiated.....g	0.130		0		1		0.316	1.981	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.559	3.505	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.073	0.457	
22:6 n-3.....g	0.040		0		1		0.097	0.610	
Fatty acids, total trans.....g									
Cholesterol.....mg	78	2.374	15		1		190	1189	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.756	4.740	
Threonine.....g	1.228		0		1		2.984	18.715	
Isoleucine.....g	1.412		0		1		3.431	21.519	
Leucine.....g	2.187		0		1		5.314	33.330	
Lysine.....g	2.562		0		1		6.226	39.045	
Methionine.....g	0.791		0		1		1.922	12.055	
Cystine.....g	0.307		0		1		0.746	4.679	
Phenylalanine.....g	1.100		0		1		2.673	16.764	
Tyrosine.....g	1.069		0		1		2.598	16.292	
Valine.....g	1.465		0		1		3.560	22.327	
Arginine.....g	1.977		0		1		4.804	30.129	
Histidine.....g	0.847		0		1		2.058	12.908	
Alanine.....g	1.786		0		1		4.340	27.219	
Aspartic acid.....g	2.709		0		1		6.583	41.285	
Glutamic acid.....g	4.489		0		1		10.908	68.412	
Glycine.....g	1.662		0		1		4.039	25.329	
Proline.....g	1.295		0		1		3.147	19.736	
Serine.....g	1.240		0		1		3.013	18.898	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1524g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05231

Turkey, young hen, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.223		0		1		0.729	4.576	
Threonine.....g	0.881		0		1		2.881	18.078	
Isoleucine.....g	1.013		0		1		3.313	20.787	
Leucine.....g	1.569		0		1		5.131	32.196	
Lysine.....g	1.838		0		1		6.010	37.716	
Methionine.....g	0.568		0		1		1.857	11.655	
Cystine.....g	0.221		0		1		0.723	4.535	
Phenylalanine.....g	0.790		0		1		2.583	16.211	
Tyrosine.....g	0.767		0		1		2.508	15.739	
Valine.....g	1.052		0		1		3.440	21.587	
Arginine.....g	1.421		0		1		4.647	29.159	
Histidine.....g	0.608		0		1		1.988	12.476	
Alanine.....g	1.285		0		1		4.202	26.368	
Aspartic acid.....g	1.946		0		1		6.363	39.932	
Glutamic acid.....g	3.222		0		1		10.536	66.115	
Glycine.....g	1.204		0		1		3.937	24.706	
Proline.....g	0.935		0		1		3.057	19.186	
Serine.....g	0.891		0		1		2.914	18.283	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 327g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2052g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05234

Turkey, young hen, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.332		0		1		0.465	0.704	
Threonine.....g	1.301		0		1		1.821	2.758	
Isoleucine.....g	1.521		0		1		2.129	3.225	
Leucine.....g	2.331		0		1		3.263	4.942	
Lysine.....g	2.757		0		1		3.860	5.845	
Methionine.....g	0.847		0		1		1.186	1.796	
Cystine.....g	0.304		0		1		0.426	0.644	
Phenylalanine.....g	1.161		0		1		1.625	2.461	
Tyrosine.....g	1.156		0		1		1.618	2.451	
Valine.....g	1.554		0		1		2.176	3.294	
Arginine.....g	2.040		0		1		2.856	4.325	
Histidine.....g	0.913		0		1		1.278	1.936	
Alanine.....g	1.811		0		1		2.535	3.839	
Aspartic acid.....g	2.841		0		1		3.977	6.023	
Glutamic acid.....g	4.774		0		1		6.684	10.121	
Glycine.....g	1.451		0		1		2.031	3.076	
Proline.....g	1.217		0		1		1.704	2.580	
Serine.....g	1.301		0		1		1.821	2.758	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 212g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05233
Turkey, young hen, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.680		0		1		1.877	11.771	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.276	1.731	
17:1.....g									
18:1 undifferentiated.....g	0.560		0		1		1.546	9.694	
20:1.....g	0.010		0		1		0.028	0.173	
22:1 undifferentiated.....g	0.010		0		1		0.028	0.173	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.920		0		1		2.539	15.925	
18:2 undifferentiated.....g	0.710		0		1		1.960	12.290	
18:3 undifferentiated.....g	0.020		0		1		0.055	0.346	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.359	2.250	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.055	0.346	
22:6 n-3.....g	0.030		0		1		0.083	0.519	
Fatty acids, total trans.....g									
Cholesterol.....mg	60	1.978	15		1		166	1039	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.682	4.276	
Threonine.....g	0.968		0		1		2.672	16.756	
Isoleucine.....g	1.132		0		1		3.124	19.595	
Leucine.....g	1.734		0		1		4.786	30.016	
Lysine.....g	2.051		0		1		5.661	35.503	
Methionine.....g	0.630		0		1		1.739	10.905	
Cystine.....g	0.226		0		1		0.624	3.912	
Phenylalanine.....g	0.864		0		1		2.385	14.956	
Tyrosine.....g	0.860		0		1		2.374	14.887	
Valine.....g	1.156		0		1		3.191	20.010	
Arginine.....g	1.518		0		1		4.190	26.277	
Histidine.....g	0.679		0		1		1.874	11.753	
Alanine.....g	1.348		0		1		3.720	23.334	
Aspartic acid.....g	2.114		0		1		5.835	36.593	
Glutamic acid.....g	3.552		0		1		9.804	61.485	
Glycine.....g	1.079		0		1		2.978	18.677	
Proline.....g	0.905		0		1		2.498	15.666	
Serine.....g	0.968		0		1		2.672	16.756	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 276g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1731g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05236

Turkey, young hen, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	18.940		0		1		5.871	37.122	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.280		0		1		1.017	6.429	
17:1.....g									
18:1 undifferentiated.....g	15.250		0		1		4.728	29.890	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.180		0		1		3.156	19.953	
18:2 undifferentiated.....g	9.200		0		1		2.852	18.032	
18:3 undifferentiated.....g	0.690		0		1		0.214	1.352	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.037	0.235	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	106	2.712	15		1		33	208	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0		1		0.047	0.298	
Threonine.....g	0.679		0		1		0.210	1.331	
Isoleucine.....g	0.612		0		1		0.190	1.200	
Leucine.....g	1.118		0		1		0.347	2.191	
Lysine.....g	1.136		0		1		0.352	2.227	
Methionine.....g	0.381		0		1		0.118	0.747	
Cystine.....g	0.317		0		1		0.098	0.621	
Phenylalanine.....g	0.642		0		1		0.199	1.258	
Tyrosine.....g	0.432		0		1		0.134	0.847	
Valine.....g	0.801		0		1		0.248	1.570	
Arginine.....g	1.468		0		1		0.455	2.877	
Histidine.....g	0.365		0		1		0.113	0.715	
Alanine.....g	1.544		0		1		0.479	3.026	
Aspartic acid.....g	1.702		0		1		0.528	3.336	
Glutamic acid.....g	2.366		0		1		0.733	4.637	
Glycine.....g	3.036		0		1		0.941	5.951	
Proline.....g	1.775		0		1		0.550	3.479	
Serine.....g	0.773		0		1		0.240	1.515	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 196g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05235

Turkey, young hen, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.048	0.302	
Threonine.....g	0.421		0		1		0.215	1.351	
Isoleucine.....g	0.379		0		1		0.193	1.217	
Leucine.....g	0.693		0		1		0.353	2.225	
Lysine.....g	0.704		0		1		0.359	2.260	
Methionine.....g	0.236		0		1		0.120	0.758	
Cystine.....g	0.196		0		1		0.100	0.629	
Phenylalanine.....g	0.398		0		1		0.203	1.278	
Tyrosine.....g	0.268		0		1		0.137	0.860	
Valine.....g	0.496		0		1		0.253	1.592	
Arginine.....g	0.910		0		1		0.464	2.921	
Histidine.....g	0.226		0		1		0.115	0.725	
Alanine.....g	0.957		0		1		0.488	3.072	
Aspartic acid.....g	1.055		0		1		0.538	3.387	
Glutamic acid.....g	1.466		0		1		0.748	4.706	
Glycine.....g	1.881		0		1		0.959	6.038	
Proline.....g	1.100		0		1		0.561	3.531	
Serine.....g	0.479		0		1		0.244	1.538	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 321g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05252

Turkey, young hen, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.020		0		1		1.406	8.735	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0		1		0.238	1.479	
17:1.....g									
18:1 undifferentiated.....g	4.050		0		1		1.134	7.047	
20:1.....g	0.010		0		1		0.003	0.017	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.017	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.190		0		1		0.893	5.551	
18:2 undifferentiated.....g	2.700		0		1		0.756	4.698	
18:3 undifferentiated.....g	0.180		0		1		0.050	0.313	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.180		0		1		0.050	0.313	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.008	0.052	
22:6 n-3.....g	0.030		0		1		0.008	0.052	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		22	134	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.083	0.513	
Threonine.....g	1.175		0		1		0.329	2.045	
Isoleucine.....g	1.329		0		1		0.372	2.312	
Leucine.....g	2.080		0		1		0.582	3.619	
Lysine.....g	2.416		0		1		0.676	4.204	
Methionine.....g	0.750		0		1		0.210	1.305	
Cystine.....g	0.312		0		1		0.087	0.543	
Phenylalanine.....g	1.056		0		1		0.296	1.837	
Tyrosine.....g	1.002		0		1		0.281	1.743	
Valine.....g	1.400		0		1		0.392	2.436	
Arginine.....g	1.938		0		1		0.543	3.372	
Histidine.....g	0.797		0		1		0.223	1.387	
Alanine.....g	1.778		0		1		0.498	3.094	
Aspartic acid.....g	2.616		0		1		0.732	4.552	
Glutamic acid.....g	4.279		0		1		1.198	7.445	
Glycine.....g	1.854		0		1		0.519	3.226	
Proline.....g	1.371		0		1		0.384	2.386	
Serine.....g	1.197		0		1		0.335	2.083	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 174g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05251

Turkey, young hen, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.620		0		1		2.023	12.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		0		1		0.349	2.173	
17:1.....g									
18:1 undifferentiated.....g	4.530		0		1		1.631	10.147	
20:1.....g	0.010		0		1		0.004	0.022	
22:1 undifferentiated.....g	0.010		0		1		0.004	0.022	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.220		0		1		1.159	7.213	
18:2 undifferentiated.....g	2.840		0		1		1.022	6.362	
18:3 undifferentiated.....g	0.200		0		1		0.072	0.448	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.036	0.224	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.004	0.022	
22:6 n-3.....g	0.010		0		1		0.004	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		23	146	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.214		0		1		0.077	0.479	
Threonine.....g	0.854		0		1		0.307	1.913	
Isoleucine.....g	0.963		0		1		0.347	2.157	
Leucine.....g	1.511		0		1		0.544	3.385	
Lysine.....g	1.750		0		1		0.630	3.920	
Methionine.....g	0.544		0		1		0.196	1.219	
Cystine.....g	0.230		0		1		0.083	0.515	
Phenylalanine.....g	0.769		0		1		0.277	1.723	
Tyrosine.....g	0.725		0		1		0.261	1.624	
Valine.....g	1.018		0		1		0.366	2.280	
Arginine.....g	1.417		0		1		0.510	3.174	
Histidine.....g	0.578		0		1		0.208	1.295	
Alanine.....g	1.305		0		1		0.470	2.923	
Aspartic acid.....g	1.907		0		1		0.687	4.272	
Glutamic acid.....g	3.109		0		1		1.119	6.964	
Glycine.....g	1.395		0		1		0.502	3.125	
Proline.....g	1.020		0		1		0.367	2.285	
Serine.....g	0.872		0		1		0.314	1.953	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 36g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 224g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05270

Turkey, young tom, back, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.290		0		1		1.102	0.096	
Threonine.....g	1.153		0		1		4.381	0.380	
Isoleucine.....g	1.305		0		1		4.959	0.431	
Leucine.....g	2.042		0		1		7.760	0.674	
Lysine.....g	2.372		0		1		9.014	0.783	
Methionine.....g	0.737		0		1		2.801	0.243	
Cystine.....g	0.306		0		1		1.163	0.101	
Phenylalanine.....g	1.037		0		1		3.941	0.342	
Tyrosine.....g	0.984		0		1		3.739	0.325	
Valine.....g	1.375		0		1		5.225	0.454	
Arginine.....g	1.902		0		1		7.228	0.628	
Histidine.....g	0.783		0		1		2.975	0.258	
Alanine.....g	1.745		0		1		6.631	0.576	
Aspartic acid.....g	2.569		0		1		9.762	0.848	
Glutamic acid.....g	4.201		0		1		15.964	1.386	
Glycine.....g	1.817		0		1		6.905	0.600	
Proline.....g	1.344		0		1		5.107	0.444	
Serine.....g	1.175		0		1		4.465	0.388	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 380g: .5 back, bone removed

Measure 2 = 33g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05269

Turkey, young tom, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.120		0		1		21.589	1.854	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.690		0		1		3.616	0.311	
17:1.....g									
18:1 undifferentiated.....g	3.330		0		1		17.449	1.499	
20:1.....g	0.010		0		1		0.052	0.005	
22:1 undifferentiated.....g	0.010		0		1		0.052	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.780		0		1		14.567	1.251	
18:2 undifferentiated.....g	2.420		0		1		12.681	1.089	
18:3 undifferentiated.....g	0.150		0		1		0.786	0.068	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.681	0.059	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.105	0.009	
22:6 n-3.....g	0.030		0		1		0.157	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		414	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		1.048	0.090	
Threonine.....g	0.795		0		1		4.166	0.358	
Isoleucine.....g	0.900		0		1		4.716	0.405	
Leucine.....g	1.408		0		1		7.378	0.634	
Lysine.....g	1.635		0		1		8.567	0.736	
Methionine.....g	0.507		0		1		2.657	0.228	
Cystine.....g	0.211		0		1		1.106	0.095	
Phenylalanine.....g	0.715		0		1		3.747	0.322	
Tyrosine.....g	0.679		0		1		3.558	0.306	
Valine.....g	0.948		0		1		4.968	0.427	
Arginine.....g	1.311		0		1		6.870	0.590	
Histidine.....g	0.539		0		1		2.824	0.243	
Alanine.....g	1.202		0		1		6.298	0.541	
Aspartic acid.....g	1.771		0		1		9.280	0.797	
Glutamic acid.....g	2.896		0		1		15.175	1.303	
Glycine.....g	1.252		0		1		6.560	0.563	
Proline.....g	0.927		0		1		4.857	0.417	
Serine.....g	0.810		0		1		4.244	0.365	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 524g: .5 back, bone removed

Measure 2 = 45g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05272

Turkey, young tom, breast, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.510		0		1		2.887	33.358	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0		1		0.483	5.582	
17:1.....g									
18:1 undifferentiated.....g	2.030		0		1		2.335	26.979	
20:1.....g	0.010		0		1		0.012	0.133	
22:1 undifferentiated.....g	0.010		0		1		0.012	0.133	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.790		0		1		2.059	23.789	
18:2 undifferentiated.....g	1.450		0		1		1.668	19.271	
18:3 undifferentiated.....g	0.090		0		1		0.104	1.196	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.173	1.994	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.023	0.266	
22:6 n-3.....g	0.030		0		1		0.035	0.399	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		86	997	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.316		0		1		0.363	4.200	
Threonine.....g	1.249		0		1		1.436	16.599	
Isoleucine.....g	1.436		0		1		1.651	19.084	
Leucine.....g	2.225		0		1		2.559	29.570	
Lysine.....g	2.606		0		1		2.997	34.634	
Methionine.....g	0.805		0		1		0.926	10.698	
Cystine.....g	0.314		0		1		0.361	4.173	
Phenylalanine.....g	1.120		0		1		1.288	14.885	
Tyrosine.....g	1.087		0		1		1.250	14.446	
Valine.....g	1.491		0		1		1.715	19.815	
Arginine.....g	2.016		0		1		2.318	26.793	
Histidine.....g	0.861		0		1		0.990	11.443	
Alanine.....g	1.822		0		1		2.095	24.214	
Aspartic acid.....g	2.758		0		1		3.172	36.654	
Glutamic acid.....g	4.567		0		1		5.252	60.695	
Glycine.....g	1.708		0		1		1.964	22.699	
Proline.....g	1.326		0		1		1.525	17.623	
Serine.....g	1.262		0		1		1.451	16.772	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1329g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05271

Turkey, young tom, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.360		0		1		3.658	42.220	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.620	7.156	
17:1.....g									
18:1 undifferentiated.....g	1.910		0		1		2.961	34.170	
20:1.....g	0.010		0		1		0.016	0.179	
22:1 undifferentiated.....g	0.010		0		1		0.016	0.179	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0		1		2.325	26.835	
18:2 undifferentiated.....g	1.270		0		1		1.969	22.720	
18:3 undifferentiated.....g	0.080		0		1		0.124	1.431	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.140	1.610	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.016	0.179	
22:6 n-3.....g	0.010		0		1		0.016	0.179	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		104	1199	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.243		0		1		0.377	4.347	
Threonine.....g	0.960		0		1		1.488	17.174	
Isoleucine.....g	1.104		0		1		1.711	19.751	
Leucine.....g	1.710		0		1		2.651	30.592	
Lysine.....g	2.003		0		1		3.105	35.834	
Methionine.....g	0.618		0		1		0.958	11.056	
Cystine.....g	0.241		0		1		0.374	4.311	
Phenylalanine.....g	0.860		0		1		1.333	15.385	
Tyrosine.....g	0.836		0		1		1.296	14.956	
Valine.....g	1.145		0		1		1.775	20.484	
Arginine.....g	1.545		0		1		2.395	27.640	
Histidine.....g	0.662		0		1		1.026	11.843	
Alanine.....g	1.396		0		1		2.164	24.974	
Aspartic acid.....g	2.117		0		1		3.281	37.873	
Glutamic acid.....g	3.509		0		1		5.439	62.776	
Glycine.....g	1.299		0		1		2.013	23.239	
Proline.....g	1.012		0		1		1.569	18.105	
Serine.....g	0.969		0		1		1.502	17.335	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1789g: .5 breast, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05264

Turkey, young tom, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.410		0		1		3.512	40.374	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0		1		0.567	6.512	
17:1.....g									
18:1 undifferentiated.....g	2.770		0		1		2.853	32.797	
20:1.....g	0.020		0		1		0.021	0.237	
22:1 undifferentiated.....g	0.010		0		1		0.010	0.118	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.910		0		1		2.997	34.454	
18:2 undifferentiated.....g	2.460		0		1		2.534	29.126	
18:3 undifferentiated.....g	0.130		0		1		0.134	1.539	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.237	2.723	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.031	0.355	
22:6 n-3.....g	0.050		0		1		0.052	0.592	
Fatty acids, total trans.....g									
Cholesterol.....mg	91	2.905	20		1		94	1077	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.314	3.611	
Threonine.....g	1.204		0		1		1.240	14.255	
Isoleucine.....g	1.383		0		1		1.424	16.375	
Leucine.....g	2.144		0		1		2.208	25.385	
Lysine.....g	2.510		0		1		2.585	29.718	
Methionine.....g	0.776		0		1		0.799	9.188	
Cystine.....g	0.303		0		1		0.312	3.588	
Phenylalanine.....g	1.079		0		1		1.111	12.775	
Tyrosine.....g	1.047		0		1		1.078	12.396	
Valine.....g	1.437		0		1		1.480	17.014	
Arginine.....g	1.943		0		1		2.001	23.005	
Histidine.....g	0.830		0		1		0.855	9.827	
Alanine.....g	1.757		0		1		1.810	20.803	
Aspartic acid.....g	2.659		0		1		2.739	31.483	
Glutamic acid.....g	4.401		0		1		4.533	52.108	
Glycine.....g	1.651		0		1		1.701	19.548	
Proline.....g	1.280		0		1		1.318	15.155	
Serine.....g	1.217		0		1		1.254	14.409	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 103g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1184g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05263

Turkey, young tom, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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		4.043	46.763	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.669	7.735	
17:1.....g									
18:1 undifferentiated.....g	2.160		0		1		3.283	37.973	
20:1.....g	0.010		0		1		0.015	0.176	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.176	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.060		0		1		3.131	36.215	
18:2 undifferentiated.....g	1.760		0		1		2.675	30.941	
18:3 undifferentiated.....g	0.100		0		1		0.152	1.758	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.213	2.461	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.030	0.352	
22:6 n-3.....g	0.030		0		1		0.046	0.527	
Fatty acids, total trans.....g									
Cholesterol.....mg	77	1.604	20		1		117	1354	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0		1		0.321	3.709	
Threonine.....g	0.832		0		1		1.265	14.627	
Isoleucine.....g	0.957		0		1		1.455	16.824	
Leucine.....g	1.482		0		1		2.253	26.054	
Lysine.....g	1.736		0		1		2.639	30.519	
Methionine.....g	0.536		0		1		0.815	9.423	
Cystine.....g	0.209		0		1		0.318	3.674	
Phenylalanine.....g	0.746		0		1		1.134	13.115	
Tyrosine.....g	0.724		0		1		1.100	12.728	
Valine.....g	0.993		0		1		1.509	17.457	
Arginine.....g	1.341		0		1		2.038	23.575	
Histidine.....g	0.574		0		1		0.872	10.091	
Alanine.....g	1.212		0		1		1.842	21.307	
Aspartic acid.....g	1.837		0		1		2.792	32.294	
Glutamic acid.....g	3.042		0		1		4.624	53.478	
Glycine.....g	1.130		0		1		1.718	19.865	
Proline.....g	0.880		0		1		1.338	15.470	
Serine.....g	0.841		0		1		1.278	14.785	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1758g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05268

Turkey, young tom, dark meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.580		0		1		2.212	1.422	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.322	0.207	
17:1.....g									
18:1 undifferentiated.....g	1.310		0		1		1.834	1.179	
20:1.....g	0.030		0		1		0.042	0.027	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.018	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0		1		2.926	1.881	
18:2 undifferentiated.....g	1.690		0		1		2.366	1.521	
18:3 undifferentiated.....g	0.060		0		1		0.084	0.054	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		1		0.350	0.225	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.056	0.036	
22:6 n-3.....g	0.050		0		1		0.070	0.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	88	2.824	20		1		123	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.326		0		1		0.456	0.293	
Threonine.....g	1.276		0		1		1.786	1.148	
Isoleucine.....g	1.491		0		1		2.087	1.342	
Leucine.....g	2.285		0		1		3.199	2.057	
Lysine.....g	2.703		0		1		3.784	2.433	
Methionine.....g	0.831		0		1		1.163	0.748	
Cystine.....g	0.298		0		1		0.417	0.268	
Phenylalanine.....g	1.138		0		1		1.593	1.024	
Tyrosine.....g	1.133		0		1		1.586	1.020	
Valine.....g	1.524		0		1		2.134	1.372	
Arginine.....g	2.001		0		1		2.801	1.801	
Histidine.....g	0.895		0		1		1.253	0.806	
Alanine.....g	1.776		0		1		2.486	1.598	
Aspartic acid.....g	2.786		0		1		3.900	2.507	
Glutamic acid.....g	4.681		0		1		6.553	4.213	
Glycine.....g	1.423		0		1		1.992	1.281	
Proline.....g	1.193		0		1		1.670	1.074	
Serine.....g	1.276		0		1		1.786	1.148	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 90g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05267

Turkey, young tom, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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	0.930		0		1		1.237	14.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140	0.032	8		1		0.186	2.145	
17:1.....g									
18:1 undifferentiated.....g	0.770	0.075	8		1		1.024	11.796	
20:1.....g	0.020	0.002	7		1		0.027	0.306	
22:1 undifferentiated.....g	0.010	0.003	7		1		0.013	0.153	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.230		0		1		1.636	18.844	
18:2 undifferentiated.....g	1.000	0.093	8		1		1.330	15.320	
18:3 undifferentiated.....g	0.040	0.012	8		1		0.053	0.613	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150	0.024	8		1		0.200	2.298	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020	0.005	7		1		0.027	0.306	
22:6 n-3.....g	0.030	0.017	7		1		0.040	0.460	
Fatty acids, total trans.....g									
Cholesterol.....mg	75	1.626	20		1		100	1149	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.303	3.493	
Threonine.....g	0.892		0		1		1.186	13.665	
Isoleucine.....g	1.042		0		1		1.386	15.963	
Leucine.....g	1.597		0		1		2.124	24.466	
Lysine.....g	1.889		0		1		2.512	28.939	
Methionine.....g	0.580		0		1		0.771	8.886	
Cystine.....g	0.208		0		1		0.277	3.187	
Phenylalanine.....g	0.795		0		1		1.057	12.179	
Tyrosine.....g	0.792		0		1		1.053	12.133	
Valine.....g	1.065		0		1		1.416	16.316	
Arginine.....g	1.398		0		1		1.859	21.417	
Histidine.....g	0.625		0		1		0.831	9.575	
Alanine.....g	1.241		0		1		1.651	19.012	
Aspartic acid.....g	1.947		0		1		2.590	29.828	
Glutamic acid.....g	3.271		0		1		4.350	50.112	
Glycine.....g	0.994		0		1		1.322	15.228	
Proline.....g	0.834		0		1		1.109	12.777	
Serine.....g	0.892		0		1		1.186	13.665	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1532g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05274

Turkey, young tom, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.830		0		1		22.782	1.981	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		3.623	0.315	
17:1.....g									
18:1 undifferentiated.....g	2.310		0		1		18.596	1.617	
20:1.....g	0.030		0		1		0.242	0.021	
22:1 undifferentiated.....g	0.020		0		1		0.161	0.014	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.660		0		1		21.413	1.862	
18:2 undifferentiated.....g	2.220		0		1		17.871	1.554	
18:3 undifferentiated.....g	0.110		0		1		0.886	0.077	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		1.852	0.161	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.242	0.021	
22:6 n-3.....g	0.050		0		1		0.403	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		725	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.312		0		1		2.512	0.218	
Threonine.....g	1.227		0		1		9.877	0.859	
Isoleucine.....g	1.417		0		1		11.407	0.992	
Leucine.....g	2.188		0		1		17.613	1.532	
Lysine.....g	2.572		0		1		20.705	1.800	
Methionine.....g	0.794		0		1		6.392	0.556	
Cystine.....g	0.301		0		1		2.423	0.211	
Phenylalanine.....g	1.098		0		1		8.839	0.769	
Tyrosine.....g	1.074		0		1		8.646	0.752	
Valine.....g	1.465		0		1		11.793	1.026	
Arginine.....g	1.962		0		1		15.794	1.373	
Histidine.....g	0.851		0		1		6.851	0.596	
Alanine.....g	1.764		0		1		14.200	1.235	
Aspartic acid.....g	2.700		0		1		21.735	1.890	
Glutamic acid.....g	4.490		0		1		36.145	3.143	
Glycine.....g	1.580		0		1		12.719	1.106	
Proline.....g	1.253		0		1		10.087	0.877	
Serine.....g	1.236		0		1		9.950	0.865	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 805g: 1 leg, bone removed (yield after cooking)

Measure 2 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05273

Turkey, young tom, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	1.940		0		1		2.076	23.940	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.332	3.825	
17:1.....g									
18:1 undifferentiated.....g	1.580		0		1		1.691	19.497	
20:1.....g	0.020		0		1		0.021	0.247	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.123	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0		1		1.840	21.225	
18:2 undifferentiated.....g	1.450		0		1		1.552	17.893	
18:3 undifferentiated.....g	0.070		0		1		0.075	0.864	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.150	1.728	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.247	
22:6 n-3.....g	0.030		0		1		0.032	0.370	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		81	938	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.234	2.702	
Threonine.....g	0.861		0		1		0.921	10.625	
Isoleucine.....g	0.997		0		1		1.067	12.303	
Leucine.....g	1.537		0		1		1.645	18.967	
Lysine.....g	1.809		0		1		1.936	22.323	
Methionine.....g	0.557		0		1		0.596	6.873	
Cystine.....g	0.209		0		1		0.224	2.579	
Phenylalanine.....g	0.770		0		1		0.824	9.502	
Tyrosine.....g	0.756		0		1		0.809	9.329	
Valine.....g	1.028		0		1		1.100	12.686	
Arginine.....g	1.370		0		1		1.466	16.906	
Histidine.....g	0.598		0		1		0.640	7.379	
Alanine.....g	1.229		0		1		1.315	15.166	
Aspartic acid.....g	1.891		0		1		2.023	23.335	
Glutamic acid.....g	3.152		0		1		3.373	38.896	
Glycine.....g	1.076		0		1		1.151	13.278	
Proline.....g	0.863		0		1		0.923	10.649	
Serine.....g	0.866		0		1		0.927	10.686	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 107g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1234g: 1 leg, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05262

Turkey, young tom, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.427	4.917	
Threonine.....g	1.242		0		1		1.689	19.450	
Isoleucine.....g	1.424		0		1		1.937	22.300	
Leucine.....g	2.209		0		1		3.004	34.593	
Lysine.....g	2.585		0		1		3.516	40.481	
Methionine.....g	0.799		0		1		1.087	12.512	
Cystine.....g	0.314		0		1		0.427	4.917	
Phenylalanine.....g	1.113		0		1		1.514	17.430	
Tyrosine.....g	1.077		0		1		1.465	16.866	
Valine.....g	1.481		0		1		2.014	23.192	
Arginine.....g	2.008		0		1		2.731	31.445	
Histidine.....g	0.854		0		1		1.161	13.374	
Alanine.....g	1.819		0		1		2.474	28.486	
Aspartic acid.....g	2.744		0		1		3.732	42.971	
Glutamic acid.....g	4.537		0		1		6.170	71.049	
Glycine.....g	1.727		0		1		2.349	27.045	
Proline.....g	1.333		0		1		1.813	20.875	
Serine.....g	1.256		0		1		1.708	19.669	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1566g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05261

Turkey, young tom, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.238		0		1		0.440	5.086	
Threonine.....g	0.942		0		1		1.743	20.131	
Isoleucine.....g	1.080		0		1		1.998	23.080	
Leucine.....g	1.676		0		1		3.101	35.816	
Lysine.....g	1.960		0		1		3.626	41.885	
Methionine.....g	0.606		0		1		1.121	12.950	
Cystine.....g	0.239		0		1		0.442	5.107	
Phenylalanine.....g	0.845		0		1		1.563	18.058	
Tyrosine.....g	0.817		0		1		1.511	17.459	
Valine.....g	1.124		0		1		2.079	24.020	
Arginine.....g	1.526		0		1		2.823	32.611	
Histidine.....g	0.648		0		1		1.199	13.848	
Alanine.....g	1.383		0		1		2.559	29.555	
Aspartic acid.....g	2.083		0		1		3.854	44.514	
Glutamic acid.....g	3.442		0		1		6.368	73.556	
Glycine.....g	1.322		0		1		2.446	28.251	
Proline.....g	1.017		0		1		1.881	21.733	
Serine.....g	0.953		0		1		1.763	20.366	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2137g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05266

Turkey, young tom, light meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.510		0		1		0.714	0.597	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.098	0.082	
17:1.....g									
18:1 undifferentiated.....g	0.420		0		1		0.588	0.491	
20:1.....g	0.010		0		1		0.014	0.012	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		1.092	0.913	
18:2 undifferentiated.....g	0.510		0		1		0.714	0.597	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.012	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.176	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.035	
22:6 n-3.....g	0.030		0		1		0.042	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	69	2.169	20		1		97	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.339		0		1		0.475	0.397	
Threonine.....g	1.329		0		1		1.861	1.555	
Isoleucine.....g	1.554		0		1		2.176	1.818	
Leucine.....g	2.381		0		1		3.333	2.786	
Lysine.....g	2.816		0		1		3.942	3.295	
Methionine.....g	0.865		0		1		1.211	1.012	
Cystine.....g	0.311		0		1		0.435	0.364	
Phenylalanine.....g	1.186		0		1		1.660	1.388	
Tyrosine.....g	1.181		0		1		1.653	1.382	
Valine.....g	1.587		0		1		2.222	1.857	
Arginine.....g	2.085		0		1		2.919	2.439	
Histidine.....g	0.932		0		1		1.305	1.090	
Alanine.....g	1.850		0		1		2.590	2.165	
Aspartic acid.....g	2.902		0		1		4.063	3.395	
Glutamic acid.....g	4.877		0		1		6.828	5.706	
Glycine.....g	1.482		0		1		2.075	1.734	
Proline.....g	1.243		0		1		1.740	1.454	
Serine.....g	1.329		0		1		1.861	1.555	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05265

Turkey, young tom, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.266		0		1		0.410	4.711	
Threonine.....g	1.042		0		1		1.605	18.454	
Isoleucine.....g	1.218		0		1		1.876	21.571	
Leucine.....g	1.867		0		1		2.875	33.065	
Lysine.....g	2.208		0		1		3.400	39.104	
Methionine.....g	0.678		0		1		1.044	12.007	
Cystine.....g	0.244		0		1		0.376	4.321	
Phenylalanine.....g	0.930		0		1		1.432	16.470	
Tyrosine.....g	0.926		0		1		1.426	16.399	
Valine.....g	1.244		0		1		1.916	22.031	
Arginine.....g	1.634		0		1		2.516	28.938	
Histidine.....g	0.731		0		1		1.126	12.946	
Alanine.....g	1.450		0		1		2.233	25.680	
Aspartic acid.....g	2.275		0		1		3.504	40.290	
Glutamic acid.....g	3.823		0		1		5.887	67.705	
Glycine.....g	1.162		0		1		1.789	20.579	
Proline.....g	0.974		0		1		1.500	17.250	
Serine.....g	1.042		0		1		1.605	18.454	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1771g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05254

Turkey, young tom, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.860		0		1		7.379	170.370	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		0		1		1.213	27.998	
17:1.....g									
18:1 undifferentiated.....g	2.320		0		1		5.986	138.202	
20:1.....g	0.020		0		1		0.052	1.191	
22:1 undifferentiated.....g	0.010		0		1		0.026	0.596	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.260		0		1		5.831	134.628	
18:2 undifferentiated.....g	1.870		0		1		4.825	111.396	
18:3 undifferentiated.....g	0.100		0		1		0.258	5.957	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.490	11.318	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.077	1.787	
22:6 n-3.....g	0.030		0		1		0.077	1.787	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		248	5719	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.800	18.467	
Threonine.....g	1.223		0		1		3.155	72.854	
Isoleucine.....g	1.404		0		1		3.622	83.636	
Leucine.....g	2.177		0		1		5.617	129.684	
Lysine.....g	2.530		0		1		6.527	150.712	
Methionine.....g	0.784		0		1		2.023	46.703	
Cystine.....g	0.309		0		1		0.797	18.407	
Phenylalanine.....g	1.101		0		1		2.841	65.587	
Tyrosine.....g	1.057		0		1		2.727	62.965	
Valine.....g	1.459		0		1		3.764	86.913	
Arginine.....g	1.967		0		1		5.075	117.174	
Histidine.....g	0.836		0		1		2.157	49.801	
Alanine.....g	1.770		0		1		4.567	105.439	
Aspartic acid.....g	2.694		0		1		6.951	160.482	
Glutamic acid.....g	4.454		0		1		11.491	265.325	
Glycine.....g	1.670		0		1		4.309	99.482	
Proline.....g	1.303		0		1		3.362	77.620	
Serine.....g	1.233		0		1		3.181	73.450	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 5957g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05253

Turkey, young tom, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.550		0		1		214.175		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		1		36.116		
17:1.....g									
18:1 undifferentiated.....g	2.060		0		1		173.019		
20:1.....g	0.010		0		1		0.840		
22:1 undifferentiated.....g	0.010		0		1		0.840		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.790		0		1		150.342		
18:2 undifferentiated.....g	1.520		0		1		127.665		
18:3 undifferentiated.....g	0.090		0		1		7.559		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		10.079		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.010		0		1		0.840		
22:6 n-3.....g	0.020		0		1		1.680		
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		6803		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		18.982		
Threonine.....g	0.891		0		1		74.835		
Isoleucine.....g	1.023		0		1		85.922		
Leucine.....g	1.588		0		1		133.376		
Lysine.....g	1.842		0		1		154.710		
Methionine.....g	0.570		0		1		47.874		
Cystine.....g	0.226		0		1		18.982		
Phenylalanine.....g	0.803		0		1		67.444		
Tyrosine.....g	0.770		0		1		64.672		
Valine.....g	1.064		0		1		89.365		
Arginine.....g	1.434		0		1		120.442		
Histidine.....g	0.608		0		1		51.066		
Alanine.....g	1.290		0		1		108.347		
Aspartic acid.....g	1.964		0		1		164.956		
Glutamic acid.....g	3.244		0		1		272.464		
Glycine.....g	1.221		0		1		102.552		
Proline.....g	0.952		0		1		79.958		
Serine.....g	0.899		0		1		75.507		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8399g: 1 turkey

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05256

Turkey, young tom, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.980		0		1		7.122	81.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		1.171	13.475	
17:1.....g									
18:1 undifferentiated.....g	2.420		0		1		5.784	66.550	
20:1.....g	0.020		0		1		0.048	0.550	
22:1 undifferentiated.....g	0.010		0		1		0.024	0.275	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0		1		5.521	63.525	
18:2 undifferentiated.....g	1.920		0		1		4.589	52.800	
18:3 undifferentiated.....g	0.110		0		1		0.263	3.025	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.180		0		1		0.430	4.950	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.072	0.825	
22:6 n-3.....g	0.040		0		1		0.096	1.100	
Fatty acids, total trans.....g									
Cholesterol.....mg	82	2.336	20		1		196	2255	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.741	8.525	
Threonine.....g	1.226		0		1		2.930	33.715	
Isoleucine.....g	1.407		0		1		3.363	38.693	
Leucine.....g	2.181		0		1		5.213	59.978	
Lysine.....g	2.553		0		1		6.102	70.208	
Methionine.....g	0.789		0		1		1.886	21.698	
Cystine.....g	0.309		0		1		0.739	8.498	
Phenylalanine.....g	1.099		0		1		2.627	30.223	
Tyrosine.....g	1.064		0		1		2.543	29.260	
Valine.....g	1.462		0		1		3.494	40.205	
Arginine.....g	1.980		0		1		4.732	54.450	
Histidine.....g	0.844		0		1		2.017	23.210	
Alanine.....g	1.792		0		1		4.283	49.280	
Aspartic acid.....g	2.707		0		1		6.470	74.443	
Glutamic acid.....g	4.478		0		1		10.702	123.145	
Glycine.....g	1.694		0		1		4.049	46.585	
Proline.....g	1.310		0		1		3.131	36.025	
Serine.....g	1.239		0		1		2.961	34.073	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2750g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05255

Turkey, young tom, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.226		0		1		0.764	8.803	
Threonine.....g	0.892		0		1		3.015	34.743	
Isoleucine.....g	1.024		0		1		3.461	39.885	
Leucine.....g	1.588		0		1		5.367	61.853	
Lysine.....g	1.858		0		1		6.280	72.369	
Methionine.....g	0.574		0		1		1.940	22.357	
Cystine.....g	0.225		0		1		0.761	8.764	
Phenylalanine.....g	0.800		0		1		2.704	31.160	
Tyrosine.....g	0.775		0		1		2.620	30.186	
Valine.....g	1.064		0		1		3.596	41.443	
Arginine.....g	1.442		0		1		4.874	56.166	
Histidine.....g	0.614		0		1		2.075	23.915	
Alanine.....g	1.305		0		1		4.411	50.830	
Aspartic acid.....g	1.971		0		1		6.662	76.770	
Glutamic acid.....g	3.260		0		1		11.019	126.977	
Glycine.....g	1.236		0		1		4.178	48.142	
Proline.....g	0.955		0		1		3.228	37.197	
Serine.....g	0.902		0		1		3.049	35.133	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 338g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3895g: .5 turkey, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05258

Turkey, young tom, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.333		0		1		0.466	0.686	
Threonine.....g	1.306		0		1		1.828	2.690	
Isoleucine.....g	1.527		0		1		2.138	3.146	
Leucine.....g	2.339		0		1		3.275	4.818	
Lysine.....g	2.767		0		1		3.874	5.700	
Methionine.....g	0.850		0		1		1.190	1.751	
Cystine.....g	0.305		0		1		0.427	0.628	
Phenylalanine.....g	1.165		0		1		1.631	2.400	
Tyrosine.....g	1.160		0		1		1.624	2.390	
Valine.....g	1.559		0		1		2.183	3.212	
Arginine.....g	2.048		0		1		2.867	4.219	
Histidine.....g	0.916		0		1		1.282	1.887	
Alanine.....g	1.818		0		1		2.545	3.745	
Aspartic acid.....g	2.851		0		1		3.991	5.873	
Glutamic acid.....g	4.791		0		1		6.707	9.869	
Glycine.....g	1.456		0		1		2.038	2.999	
Proline.....g	1.221		0		1		1.709	2.515	
Serine.....g	1.306		0		1		1.828	2.690	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 206g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05257
Turkey, young tom, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.570		0		1		1.630	18.821	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.229	2.642	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		1.344	15.519	
20:1.....g	0.010		0		1		0.029	0.330	
22:1 undifferentiated.....g	0.010		0		1		0.029	0.330	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		2.231	25.756	
18:2 undifferentiated.....g	0.600		0		1		1.716	19.812	
18:3 undifferentiated.....g	0.020		0		1		0.057	0.660	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.315	3.632	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.057	0.660	
22:6 n-3.....g	0.020		0		1		0.057	0.660	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	1.387	20		1		194	2245	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.706	8.156	
Threonine.....g	0.966		0		1		2.763	31.897	
Isoleucine.....g	1.129		0		1		3.229	37.280	
Leucine.....g	1.731		0		1		4.951	57.158	
Lysine.....g	2.047		0		1		5.854	67.592	
Methionine.....g	0.629		0		1		1.799	20.770	
Cystine.....g	0.226		0		1		0.646	7.463	
Phenylalanine.....g	0.862		0		1		2.465	28.463	
Tyrosine.....g	0.858		0		1		2.454	28.331	
Valine.....g	1.154		0		1		3.300	38.105	
Arginine.....g	1.515		0		1		4.333	50.025	
Histidine.....g	0.678		0		1		1.939	22.388	
Alanine.....g	1.345		0		1		3.847	44.412	
Aspartic acid.....g	2.109		0		1		6.032	69.639	
Glutamic acid.....g	3.544		0		1		10.136	117.023	
Glycine.....g	1.077		0		1		3.080	35.563	
Proline.....g	0.903		0		1		2.583	29.817	
Serine.....g	0.966		0		1		2.763	31.897	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3302g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05260

Turkey, young tom, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	15.870		0		1		5.078	59.354	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.750		0		1		0.880	10.285	
17:1.....g									
18:1 undifferentiated.....g	12.780		0		1		4.090	47.797	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.530		0		1		2.730	31.902	
18:2 undifferentiated.....g	7.710		0		1		2.467	28.835	
18:3 undifferentiated.....g	0.570		0		1		0.182	2.132	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.032	0.374	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	117	5.349	20		1		37	438	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.052	0.602	
Threonine.....g	0.719		0		1		0.230	2.689	
Isoleucine.....g	0.648		0		1		0.207	2.424	
Leucine.....g	1.182		0		1		0.378	4.421	
Lysine.....g	1.202		0		1		0.385	4.495	
Methionine.....g	0.403		0		1		0.129	1.507	
Cystine.....g	0.335		0		1		0.107	1.253	
Phenylalanine.....g	0.680		0		1		0.218	2.543	
Tyrosine.....g	0.458		0		1		0.147	1.713	
Valine.....g	0.847		0		1		0.271	3.168	
Arginine.....g	1.553		0		1		0.497	5.808	
Histidine.....g	0.387		0		1		0.124	1.447	
Alanine.....g	1.634		0		1		0.523	6.111	
Aspartic acid.....g	1.801		0		1		0.576	6.736	
Glutamic acid.....g	2.503		0		1		0.801	9.361	
Glycine.....g	3.212		0		1		1.028	12.013	
Proline.....g	1.878		0		1		0.601	7.024	
Serine.....g	0.818		0		1		0.262	3.059	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05259

Turkey, young tom, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.054	0.628	
Threonine.....g	0.472		0		1		0.241	2.794	
Isoleucine.....g	0.426		0		1		0.217	2.522	
Leucine.....g	0.777		0		1		0.396	4.600	
Lysine.....g	0.790		0		1		0.403	4.677	
Methionine.....g	0.265		0		1		0.135	1.569	
Cystine.....g	0.220		0		1		0.112	1.302	
Phenylalanine.....g	0.447		0		1		0.228	2.646	
Tyrosine.....g	0.301		0		1		0.154	1.782	
Valine.....g	0.557		0		1		0.284	3.297	
Arginine.....g	1.021		0		1		0.521	6.044	
Histidine.....g	0.254		0		1		0.130	1.504	
Alanine.....g	1.074		0		1		0.548	6.358	
Aspartic acid.....g	1.184		0		1		0.604	7.009	
Glutamic acid.....g	1.646		0		1		0.839	9.744	
Glycine.....g	2.112		0		1		1.077	12.503	
Proline.....g	1.235		0		1		0.630	7.311	
Serine.....g	0.538		0		1		0.274	3.185	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 592g: .5 turkey, skin only

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05276

Turkey, young tom, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.350		0		1		0.914	10.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		0.155	1.754	
17:1.....g									
18:1 undifferentiated.....g	3.510		0		1		0.737	8.319	
20:1.....g	0.010		0		1		0.002	0.024	
22:1 undifferentiated.....g	0.010		0		1		0.002	0.024	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.720		0		1		0.571	6.446	
18:2 undifferentiated.....g	2.310		0		1		0.485	5.475	
18:3 undifferentiated.....g	0.150		0		1		0.032	0.356	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.029	0.332	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.004	0.047	
22:6 n-3.....g	0.020		0		1		0.004	0.047	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		17	192	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.062	0.699	
Threonine.....g	1.177		0		1		0.247	2.789	
Isoleucine.....g	1.328		0		1		0.279	3.147	
Leucine.....g	2.081		0		1		0.437	4.932	
Lysine.....g	2.413		0		1		0.507	5.719	
Methionine.....g	0.750		0		1		0.158	1.778	
Cystine.....g	0.317		0		1		0.067	0.751	
Phenylalanine.....g	1.060		0		1		0.223	2.512	
Tyrosine.....g	1.000		0		1		0.210	2.370	
Valine.....g	1.402		0		1		0.294	3.323	
Arginine.....g	1.952		0		1		0.410	4.626	
Histidine.....g	0.796		0		1		0.167	1.887	
Alanine.....g	1.796		0		1		0.377	4.257	
Aspartic acid.....g	2.627		0		1		0.552	6.226	
Glutamic acid.....g	4.284		0		1		0.900	10.153	
Glycine.....g	1.915		0		1		0.402	4.539	
Proline.....g	1.402		0		1		0.294	3.323	
Serine.....g	1.201		0		1		0.252	2.846	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 237g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05275

Turkey, young tom, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.500		0		1		1.350	15.660	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770		0		1		0.231	2.680	
17:1.....g									
18:1 undifferentiated.....g	3.630		0		1		1.089	12.632	
20:1.....g	0.010		0		1		0.003	0.035	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.035	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.610		0		1		0.783	9.083	
18:2 undifferentiated.....g	2.290		0		1		0.687	7.969	
18:3 undifferentiated.....g	0.160		0		1		0.048	0.557	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.027	0.313	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.003	0.035	
22:6 n-3.....g	0.010		0		1		0.003	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		22	251	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.066	0.762	
Threonine.....g	0.875		0		1		0.263	3.045	
Isoleucine.....g	0.986		0		1		0.296	3.431	
Leucine.....g	1.548		0		1		0.464	5.387	
Lysine.....g	1.794		0		1		0.538	6.243	
Methionine.....g	0.557		0		1		0.167	1.938	
Cystine.....g	0.237		0		1		0.071	0.825	
Phenylalanine.....g	0.789		0		1		0.237	2.746	
Tyrosine.....g	0.743		0		1		0.223	2.586	
Valine.....g	1.043		0		1		0.313	3.630	
Arginine.....g	1.455		0		1		0.437	5.063	
Histidine.....g	0.592		0		1		0.178	2.060	
Alanine.....g	1.340		0		1		0.402	4.663	
Aspartic acid.....g	1.956		0		1		0.587	6.807	
Glutamic acid.....g	3.187		0		1		0.956	11.091	
Glycine.....g	1.440		0		1		0.432	5.011	
Proline.....g	1.050		0		1		0.315	3.654	
Serine.....g	0.895		0		1		0.269	3.115	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 348g: 1 wing, bone removed

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05600

USDA Commodity, turkey ham, dark meat, smoked, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.50		1	A	1		20.84	20.58	
Energy.....kcal	118		0	NC	4		33	33	
Energy.....kj	494				4		140	138	
Protein (N x 6.25).....g	16.30		1	A	1		4.62	4.56	
Total lipid (fat).....g	4.00		1	A	1		1.13	1.12	
Ash.....g	3.20		1	A	1		0.91	0.90	
Carbohydrate, by difference.....g	3.10		0	NC	4		0.88	0.87	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	1.20		1	A	1		0.34	0.34	
Sucrose.....g	0.50		1	A	1		0.14	0.14	
Glucose (dextrose).....g	0.70		1	A	1		0.20	0.20	
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		1	A	1		2	2	
Iron, Fe.....mg	1.00		1	A	1		0.28	0.28	
Magnesium, Mg.....mg	16		1	A	1		5	4	
Phosphorus, P.....mg	289		1	A	1		82	81	
Potassium, K.....mg	253		1	A	1		72	71	
Sodium, Na.....mg	909		1	A	1		258	255	
Zinc, Zn.....mg	2.10		1	A	1		0.60	0.59	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	38.2		0	BFNN	4		10.8	10.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.230		1	A	1		0.065	0.064	
Riboflavin.....mg	0.270		1	A	1		0.077	0.076	
Niacin.....mg	4.120		1	A	1		1.168	1.154	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		1	A	1		0.017	0.017	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.80		1	A	1		0.23	0.22	
Vitamin A, IU.....IU	53		2	AS	1		15	15	
Vitamin A, RAE.....mcg_RAE	16		2	AS	1		5	4	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.200		1	A	1		0.340	0.336	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.047		1	A	1		0.013	0.013	
15:0.....g									
16:0.....g	0.802		1	A	1		0.227	0.225	
17:0.....g									
18:0.....g	0.351		1	A	1		0.100	0.098	

NDB No. 05600

USDA Commodity, turkey ham, dark meat, smoked, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.337		1	A	1		0.379	0.374	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.337		1	A	1		0.379	0.374	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.873		1	A	1		0.247	0.244	
18:2 undifferentiated.....g	0.836		1	A	1		0.237	0.234	
18:3 undifferentiated.....g	0.037		1	A	1		0.010	0.010	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1	A	1		18	18	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)