

National Nutrient Database for Standard Reference
Release 24

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Statistics Report

Nutrient data for 05011, Chicken, broilers or fryers, meat only, raw

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Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	75.46	24	0.244	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Energy	kcal	119	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/1979
Energy	kJ	498	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	21.39	24	0.127	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Total lipid (fat)	g	3.08	25	0.146	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Ash	g	0.96	24	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Carbohydrate, by	g	0.00	0	--	--	--	--	--	--	--	Assumed	--	08/1979

difference											zero		
Fiber, total dietary	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	08/1979
Sugars, total	g	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Minerals													
Calcium, Ca	mg	12	24	0.599	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Iron, Fe	mg	0.89	24	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Magnesium, Mg	mg	25	24	0.332	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Phosphorus, P	mg	173	24	3.401	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Potassium, K	mg	229	24	5.462	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Sodium, Na	mg	77	24	1.578	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Zinc, Zn	mg	1.54	24	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Copper, Cu	mg	0.053	24	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Manganese, Mn	mg	0.019	24	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Selenium, Se	µg	15.7	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	2.3	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Thiamin	mg	0.073	16	0.003	--	--	--	--	--	--	Analytical or derived from	--	08/1979

											analytical		
Riboflavin	mg	0.142	16	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Niacin	mg	8.239	16	0.276	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Pantothenic acid	mg	1.058	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Vitamin B-6	mg	0.430	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Folate, total	µg	7	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Folic acid	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, DFE	mcg_DFE	7	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total 1	mg	65.7	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1	mg	8.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.37	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	mcg_RAE	16	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	16	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2002
Carotene, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	Assumed	--	08/2002

												zero		
Cryptoxanthin, beta	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Vitamin A, IU	IU	52	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lycopene	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Lutein + zeaxanthin	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Vitamin E (alpha-tocopherol)	mg	0.21	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2002
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.1	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.1	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	5	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	1.8	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Lipids														
Fatty acids, total saturated	g	0.790	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
4:0	g	0.000	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
6:0	g	0.000	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
8:0	g	0.000	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
10:0	g	0.000	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
12:0	g	0.010	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979

14:0	g	0.020	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
16:0	g	0.530	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:0	g	0.220	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Fatty acids, total monounsaturated	g	0.900	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
16:1 undifferentiated	g	0.120	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:1 undifferentiated	g	0.760	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
20:1	g	0.010	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
22:1 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Fatty acids, total polyunsaturated	g	0.750	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:2 undifferentiated	g	0.550	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:3 undifferentiated	g	0.020	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:4	g	0.000	0	--	--	--	--	--	--	--	Assumed zero	--	08/2004
20:4 undifferentiated	g	0.080	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
20:5 n-3 (EPA)	g	0.010	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
22:5 n-3 (DPA)	g	0.020	0	--	--	--	--	--	--	--	Analytical or derived from	--	08/1979

												analytical		
22:6 n-3 (DHA)	g	0.030	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Cholesterol	mg	70	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Amino Acids														
Tryptophan	g	0.250	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Threonine	g	0.904	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Isoleucine	g	1.130	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Leucine	g	1.605	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Lysine	g	1.818	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Methionine	g	0.592	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Cystine	g	0.274	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Phenylalanine	g	0.849	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Tyrosine	g	0.722	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Valine	g	1.061	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Arginine	g	1.290	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Histidine	g	0.664	0	--	--	--	--	--	--	--	--	Analytical or	--	08/1979

												derived from analytical		
Alanine	g	1.167	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Aspartic acid	g	1.907	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Glutamic acid	g	3.204	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Glycine	g	1.051	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Proline	g	0.880	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Serine	g	0.736	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Other														
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
Caffeine	mg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002
Theobromine	mg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2002

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP , 2003 Beltsville MD