

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

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Refuse: 30% (18% bone, 12% skin)

NDB No: 05065 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 2300 grams	Number of Data Points
<b>Proximates</b>			
Water	g	1570.21	18
Energy	kcal	3473	0
Energy	kJ	14536	0
Protein	g	666.54	18
Total lipid (fat)	g	69.69	18
Ash	g	20.93	16
Carbohydrate, by difference	g	0.00	0
Fiber, total dietary	g	0.0	0
Sugars, total	g	0.00	0
<b>Minerals</b>			
Calcium, Ca	mg	299	16
Iron, Fe	mg	20.24	16
Magnesium, Mg	mg	552	16
Phosphorus, P	mg	3795	16
Potassium, K	mg	4301	16
Sodium, Na	mg	1449	16
Zinc, Zn	mg	22.31	16
Copper, Cu	mg	0.989	16
Manganese, Mn	mg	0.414	16
Selenium, Se	mcg	512.9	0
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0
Thiamin	mg	0.966	8
Riboflavin	mg	2.737	8
Niacin	mg	194.787	8
Pantothenic acid	mg	13.179	0
Vitamin B-6	mg	7.590	0
Folate, total	mcg	69	0
Folic acid	mcg	0	0
Folate, food	mcg	69	0
Folate, DFE	mcg_DFE	69	0

Choline, total	mg	1805.5	0
Betaine	mg	131.1	0
Vitamin B-12	mcg	5.29	0
Vitamin B-12, added	mcg	0.00	0
Vitamin A, RAE	mcg_RAE	138	0
Retinol	mcg	138	0
Carotene, beta	mcg	0	0
Carotene, alpha	mcg	0	0
Cryptoxanthin, beta	mcg	0	0
Vitamin A, IU	IU	437	0
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	0	0
Vitamin E (alpha-tocopherol)	mg	6.21	0
Vitamin E, added	mg	0.00	0
Vitamin K (phylloquinone)	mcg	4.6	0
<b>Lipids</b>			
Fatty acids, total saturated	g	19.550	0
4:0	g	0.000	0
6:0	g	0.000	0
8:0	g	0.000	0
10:0	g	0.000	0
12:0	g	0.230	0
14:0	g	0.690	0
16:0	g	13.340	0
18:0	g	4.830	0
Fatty acids, total monounsaturated	g	23.690	0
16:1 undifferentiated	g	2.760	0
18:1 undifferentiated	g	20.010	0
20:1	g	0.460	0
22:1 undifferentiated	g	0.000	0
Fatty acids, total polyunsaturated	g	15.180	0
18:2 undifferentiated	g	11.500	0
18:3 undifferentiated	g	0.460	0
18:4	g	0.000	0
20:4 undifferentiated	g	1.150	0
20:5 n-3	g	0.230	0
22:5 n-3	g	0.230	0
22:6 n-3	g	0.460	0
Cholesterol	mg	1771	0
<b>Amino acids</b>			

	g	7.797	0
Threonine	g	28.152	0
Isoleucine	g	35.190	0
Leucine	g	50.025	0
Lysine	g	56.626	0
Methionine	g	18.446	0
Cystine	g	8.533	0
Phenylalanine	g	26.450	0
Tyrosine	g	22.494	0
Valine	g	33.051	0
Arginine	g	40.204	0
Histidine	g	20.700	0
Alanine	g	36.363	0
Aspartic acid	g	59.409	0
Glutamic acid	g	99.820	0
Glycine	g	32.752	0
Proline	g	27.416	0
Serine	g	22.931	0
<b>Other</b>			
Alcohol, ethyl	g	0.0	0
Caffeine	mg	0	0
Theobromine	mg	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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