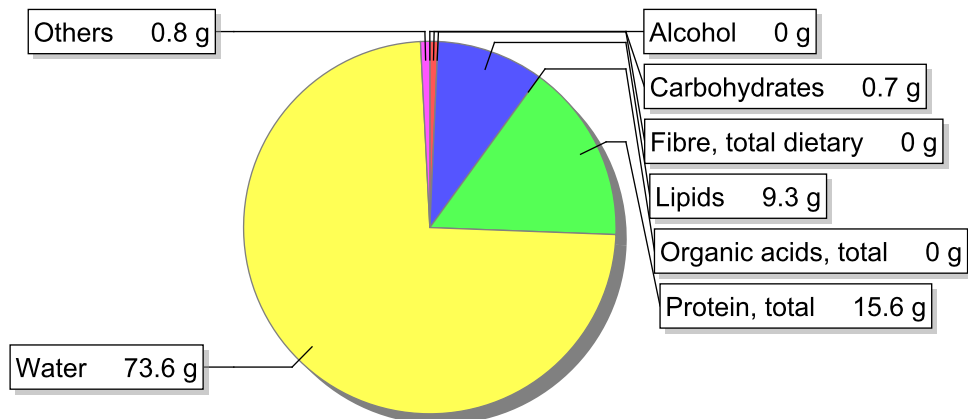


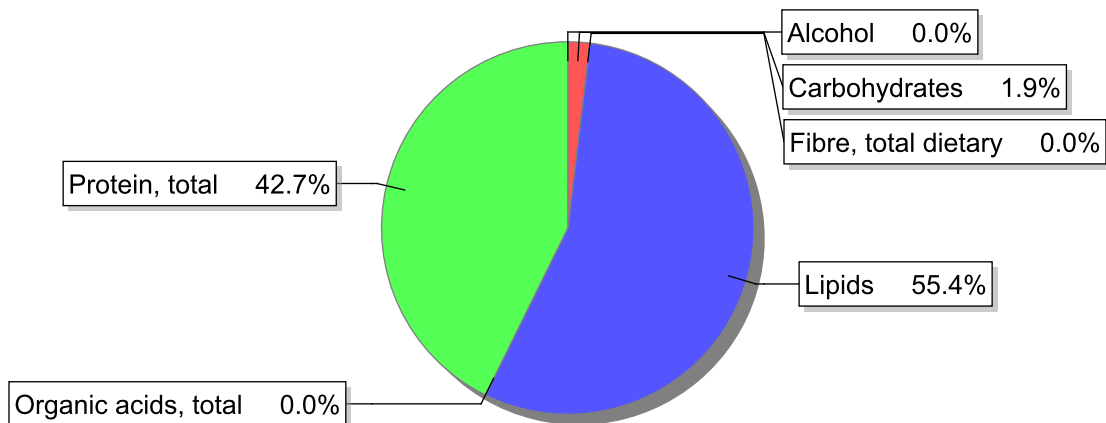
## Food

**Name:** Heart, chicken, raw  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Offals  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A022B

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	149	kcal	
energy kJ, total metabolisable	621	kJ	
fatty acids, total saturated	2.7	g	650
fatty acids, total monounsaturated	2.4	g	650
fatty acids, total polyunsaturated	2.7	g	650
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	0	g	650
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.2	g	
starch, total	0.7	g	650
protein, total	15.6	g	650
alcohol	0	g	650
water	73.6	g	650
organic acids, total	0	g	
cholesterol	136	mg	650
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.7	µg	
alpha-tocopherol	0.37	mg	
thiamin	0.31	mg	650
riboflavin	0.73	mg	650
niacin, preformed	4.88	mg	650
niacin equivalents, total	8.21	mg	
niacin equivalents from tryptophan	3.33	mg	650
vitamin B-6, total	0.23	mg	650
vitamin B-12	7.29	µg	650
vitamin C	3.2	mg	650
folate, total	45	µg	650
ash	0.8	g	650
sodium	64	mg	650
potassium	180	mg	650
calcium	12	mg	650
phosphorus	180	mg	650
magnesium	17	mg	650
iron, total	6	mg	650
zinc	6.6	mg	650

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
650	Danish Food Composition Databank version 7.01, 2009, FoodExplorer