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Great value canned chicken nutrition information. Is great value canned chicken healthy.

Last updated on October 1, 2018 by Michael Joseph Chicken liver is one of the healthiest foods on the planet. Although organ meats are not as popular as once, chicken liver is full of essential nutrients. This article will provide a guide to nutritional profile research, health benefits and concerns. In addition, we will see how to cook chicken livers for the best possible taste. What is chicken liver? First, chicken liver is not red or white meat; Instead, we classify it as organ meat (offal). The organ meats are incredibly nutritious, and offer much more nutritional value than normal muscle. In fact, the organs contain such significant amounts of nutrients that we can "overdose" on some of them if we consume them every day. Despite their impressive nutritional profile, not many people eat organ meat compared to the past. The chicken liver enjoys nowhere near the popularity of the chicken breast, but offers substantially more nutritional value. Note: For those who do not like taste, pâté is a great way to consume the "hidden" liver. For more information, see this guide. With data from the USDA nutrient database, here is the complete nutritional profile of chicken liver (cooked) for 100 grams (1). Calories and Macros Import (kcal/gram) Calories 167 kcal Carbohydrate 0 g Fiber 0 g Sugar 0 g Fat 4.8 g Saturated fat 1.6 g Single-saturated fat 1.2 g Polyunsaturated fat 1.3 g Omega-3 Omega-6 749 mg Protein 24.5 g Chicken liver is rich in protein and has a protein density of about 25%. In addition, it contains a moderate amount of food fat and minimal levels of carbohydrates. Vitamins Quantity (% RDA) Vitamin B12 281 % Vitamin A 267 % Folate 144 % Vitamin B2 117 % Vitamin B5 67 % Vitamin B3 55 % Vitamin C 47 % Vitamin B6 38 % Vitamin B1 19% Vitamin E 4 % As %above, chicken liver is a significant source of several important vitamins. In addition, it is an amazing source ofC? regular muscle meat does not contain this nutrient, but the meat of the organs does. It is also worth noting that the USDA nutrient database does not provide values for vitamin D or vitamin K2. However, chicken liver contains both these vitamins in small or moderate amounts (2, 3). Mineral Quantity (%RDA) Selenium 118% Iron 65% Phosphorus 41% Zinc 27% copper 25% Manganese 18%Potassium 8% Magnesium 6% Sodium 3% Calcium 1% The chicken liver offers a decent range of essential minerals, and is particularly high in selenium and iron. The health benefits 1) Chicken Liver is loaded with B Vitamin B vitamins have an important role in the production of energy, and part of their work involves the derivation of energy from the nutrients in our food (4). Furthermore, the group of vitamins B is essential for the optimal functioning of our cells, and these vitamins have a crucial role to play in cellular repair and DNA synthesis (5). The chicken liver contains huge amounts of vitamin B12, with only 100 grams that provide 287% of the recommended daily dose. Vitamin B12 is involved in numerous biological processes, including, but not limited to, its central role in DNA, energy and nervous systems. Poiche. © This vitamin is so critical for our health, the B12 deficiency has been associated with an increased risk of cardiovascular diseases, depression and dementia (6, 7, 8). 2) The substantial source of Selenium chicken liver provides significant amounts of essential mineral selenium, offering more than 100% of RDA per 100 grams. Selenium is an essential mineral that has antioxidant properties and is essential for the optimal function of the thyroid gland (9, 10). There is also research that suggests that selenium can improve DNA repair, which can potentially help reduce the risk of cancer and diseases related to damaged DNA (11). A vast Food contains selenium, but in plant food, this content can be influenced by the selenium density of the soil they grow. On the contrary, chicken chicken It guarantees a substantial portion of selenium. 3) Rich in proteins à €

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