

100g chicken thigh nutrition

100g chicken thigh nutrition provides valuable insight into the nutrient composition of one of the most popular cuts of poultry. Chicken thighs are favored for their rich flavor, tenderness, and versatility in cooking. Understanding the nutritional profile of 100 grams of chicken thigh is essential for individuals tracking their macronutrient intake, managing calorie consumption, or aiming to optimize their diet for health and fitness goals. This article explores the detailed macronutrient and micronutrient content of chicken thighs, compares them to other chicken parts, and discusses their health benefits and considerations. Additionally, it offers practical advice on how to incorporate chicken thighs into a balanced diet while maintaining nutritional goals. The following sections cover the key aspects of 100g chicken thigh nutrition systematically.

- Macronutrient Profile of 100g Chicken Thigh
- Micronutrients Found in Chicken Thighs
- Comparison with Other Chicken Cuts
- Health Benefits of Consuming Chicken Thighs
- Considerations and Preparation Tips

Macronutrient Profile of 100g Chicken Thigh

The macronutrient composition of 100g chicken thigh is vital for understanding its contribution to daily dietary needs. Chicken thighs typically contain a balanced amount of protein, fat, and a minimal amount of carbohydrates. These macronutrients play distinct roles in energy provision, muscle maintenance, and overall health.

Protein Content

Protein is a fundamental macronutrient required for muscle repair, enzyme production, and immune function. In 100g of cooked, skinless chicken thigh, the protein content ranges between 20 to 25 grams. This high protein level makes chicken thighs an excellent source for those seeking to meet their daily protein requirements, especially athletes and individuals engaged in resistance training.

Fat Content

Chicken thighs contain more fat compared to leaner cuts like chicken breast. On average, 100g of cooked chicken thigh with skin contains approximately 9 to 10 grams of fat, while skinless chicken

thigh contains around 4 to 6 grams. The fat profile includes both saturated and unsaturated fats, with monounsaturated fats making up a significant portion.

Carbohydrate Content

Chicken thighs have negligible carbohydrates, typically less than 1 gram per 100 grams. This makes them suitable for low-carb and ketogenic diets. The absence of carbohydrates means that the calorie contribution primarily comes from protein and fat.

Caloric Value

The total caloric content of 100g chicken thigh varies depending on whether the skin is included. Skin-on chicken thighs provide approximately 210 to 230 calories per 100 grams, whereas skinless thighs provide about 170 to 190 calories. This caloric density reflects the fat content difference between the two.

- Protein: 20-25 grams
- Fat: 4-10 grams (depending on skin)
- Carbohydrates: <1 gram
- Calories: 170-230 kcal

Micronutrients Found in Chicken Thighs

Beyond macronutrients, 100g chicken thigh nutrition includes essential vitamins and minerals important for overall health. These micronutrients contribute to metabolic processes, bone health, and red blood cell production.

Vitamins

Chicken thighs are a good source of B vitamins, particularly niacin (B3), vitamin B6, and vitamin B12. Niacin supports energy metabolism and skin health, while vitamin B6 is involved in amino acid metabolism and brain function. Vitamin B12 is crucial for nerve function and blood formation.

Minerals

Important minerals found in chicken thighs include phosphorus, selenium, zinc, and iron. Phosphorus is essential for bone and teeth health, selenium acts as an antioxidant, zinc supports immune function, and iron is needed for oxygen transport in the blood. The iron content in chicken thighs is relatively higher compared to chicken breast, making it beneficial for preventing anemia.

- Niacin (Vitamin B3)
- Vitamin B6
- Vitamin B12
- Phosphorus
- Selenium
- Zinc
- Iron

Comparison with Other Chicken Cuts

When evaluating 100g chicken thigh nutrition, it is helpful to compare it with other common cuts such as chicken breast and chicken drumsticks. Each cut varies in macronutrient and micronutrient content, influencing calorie intake and suitability for different dietary goals.

Chicken Thigh vs. Chicken Breast

Chicken breast is known for its lean profile, containing less fat and fewer calories than chicken thighs. Typically, 100g of skinless chicken breast contains about 31 grams of protein and 3.6 grams of fat, with approximately 165 calories. In contrast, chicken thighs have a higher fat content, which increases their calorie density but also enhances flavor and juiciness.

Chicken Thigh vs. Chicken Drumstick

Chicken drumsticks are similar to thighs in fat content but usually have slightly less protein per 100 grams. Both cuts are dark meat, rich in iron and other nutrients, making them nutritionally comparable but differing slightly in texture and fat distribution.

- Chicken breast: Higher protein, lower fat, lower calories
- Chicken thigh: Balanced protein and fat, richer flavor
- Chicken drumstick: Similar to thigh but slightly less protein

Health Benefits of Consuming Chicken Thighs

Incorporating 100g chicken thigh nutrition into a balanced diet offers several health benefits. The combination of high-quality protein and essential micronutrients supports muscle maintenance, immune health, and metabolic functions.

Supports Muscle Growth and Repair

The rich protein content in chicken thighs provides the amino acids necessary for muscle synthesis and repair, making it a valuable food for physically active individuals and older adults aiming to preserve muscle mass.

Rich Source of Essential Nutrients

Chicken thighs supply a range of vitamins and minerals which play critical roles in energy production, antioxidant defense, and red blood cell formation. Selenium and zinc, for example, contribute to immune system efficiency.

Provides Healthy Fats

The fat content in chicken thighs includes monounsaturated fats, which are beneficial for heart health when consumed in moderation. These fats help maintain healthy cholesterol levels and provide a concentrated energy source.

Considerations and Preparation Tips

While 100g chicken thigh nutrition offers many benefits, certain considerations should be made regarding preparation methods and portion control to maximize health outcomes.

Skin-On vs. Skinless

Removing the skin significantly reduces fat and calorie content, making skinless chicken thighs a leaner option. However, the skin contains fat that contributes to flavor and moisture, so selecting based on dietary goals is important.

Cooking Methods

Healthier cooking methods such as grilling, baking, or steaming are preferred to frying, which adds unnecessary fats and calories. Avoiding heavy breading or creamy sauces also helps maintain the nutritional integrity of chicken thighs.

Portion Control

Because chicken thighs are calorie-dense compared to white meat, monitoring serving sizes is crucial, especially for individuals aiming for weight management or calorie restriction.

- Choose skinless thighs to reduce fat intake
- Use grilling or baking to minimize added fats
- Limit portion sizes to align with daily calorie goals

Frequently Asked Questions

How many calories are in 100g of chicken thigh?

100 grams of cooked chicken thigh contains approximately 209 calories.

What is the protein content in 100g of chicken thigh?

100 grams of cooked chicken thigh provides about 26 grams of protein.

How much fat is in 100g of chicken thigh?

There are roughly 10 to 12 grams of fat in 100 grams of cooked chicken thigh.

Is chicken thigh a good source of vitamins and minerals?

Yes, chicken thigh is a good source of essential nutrients such as vitamin B6, niacin, phosphorus, and selenium.

How does the nutrition of chicken thigh compare to chicken breast?

Chicken thigh contains more fat and calories than chicken breast but provides similar amounts of protein and more iron and zinc.

Is 100g of chicken thigh suitable for a low-carb diet?

Yes, 100 grams of chicken thigh contains virtually no carbohydrates, making it suitable for a low-carb diet.

Additional Resources

1. *The Nutritional Power of 100g Chicken Thighs*

This book explores the detailed nutritional content of 100 grams of chicken thighs, highlighting their protein, fat, vitamin, and mineral composition. It provides insights into how chicken thighs compare with other protein sources and discusses their role in a balanced diet. Readers will learn practical ways to incorporate chicken thighs into healthy meal plans.

2. *Chicken Thighs: A Nutritional Guide for Fitness Enthusiasts*

Focused on athletes and fitness lovers, this guide breaks down the macro and micronutrients found in 100 grams of chicken thighs. It explains how these nutrients support muscle growth, recovery, and overall health. The book also includes recipes and meal timing tips to maximize performance benefits.

3. *Understanding Protein Quality: The Case of Chicken Thighs*

This book delves into the protein quality of chicken thighs, analyzing amino acid profiles and digestibility. It compares chicken thighs to other protein sources, emphasizing their value in muscle maintenance and repair. Ideal for nutritionists and health professionals, it offers scientific data and practical applications.

4. *Healthy Eating with Chicken Thighs: Nutrition Facts and Benefits*

A comprehensive look at the health benefits of including 100g servings of chicken thighs in your diet. The author discusses the balance of fats, vitamins, and minerals present in chicken thighs and how they contribute to heart health, bone strength, and immune function. The book also addresses common misconceptions about chicken thigh consumption.

5. *Low-Calorie Protein Sources: Spotlight on Chicken Thighs*

This book focuses on chicken thighs as a nutrient-dense, moderate-calorie protein source. It provides calorie counts alongside detailed nutrient breakdowns for 100g servings. Readers will find advice on portion control and meal planning for weight management using chicken thighs.

6. *Comparing Chicken Thighs and Breast: Nutrition and Taste*

An in-depth comparison between chicken thighs and breasts, this book highlights nutritional

differences, cooking methods, and flavor profiles. It explains how 100 grams of chicken thigh differs from the breast in terms of fat content and vitamins. The book aims to help readers make informed dietary choices based on nutrition and culinary preferences.

7. Chicken Thigh Nutrition for Diabetics and Heart Health

This specialized guide examines how the nutrients in 100g of chicken thighs impact blood sugar regulation and cardiovascular health. It offers dietary recommendations for people managing diabetes or heart conditions. The book also includes recipes tailored to these health concerns without sacrificing flavor.

8. Cooking for Health: Maximizing Nutrients in Chicken Thighs

Focusing on cooking techniques, this book teaches how to preserve and enhance the nutritional value of chicken thighs. It covers methods such as baking, grilling, and steaming, and their effects on nutrient retention. Additionally, it offers tips to reduce unhealthy fats while maintaining taste.

9. The Science of Meat Nutrition: Insights from Chicken Thighs

This scientific resource provides a detailed analysis of the biochemical composition of chicken thighs per 100 grams. It discusses the roles of proteins, lipids, vitamins, and minerals in human nutrition. Targeted at students and researchers, the book bridges the gap between meat science and practical dietetics.

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