

Chicken Nutrition Facts



Chicken	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	Cooked			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
*FYFGA Breast, Split	3 oz.	94	18	2	3	1	5	55	18	50	2	0	0	0	0	0	18	0	0	0	3
Breast, Split, baked	3 oz.	180	81	9	14	3	15	80	27	25	1	0	0	0	0	0	26	0	0	0	0
<i>with skin removed</i>	3 oz.	120	13.5	1.5	2	0.5	3	70	23	65	3	0	0	0	0	0	24	0	0	0	4
*FYFGA Breast, Boneless	3 oz.	80	9	1	2	0	0	50	17	40	2	0	0	0	0	0	20	0	0	0	2
Breast, Boneless/Skinless, broiled	3 oz.	130	13.5	1.5	2	0.5	3	75	25	25	1	0	0	0	0	0	28	0	0	0	0
Breast Tenders, broiled	3 oz.	110	4.5	0.5	1	0	0	60	20	25	1	0	0	0	0	0	26	0	0	0	0
Breast, Cube Steak	3 oz.	90	18	2	3	1	5	55	18	50	2	0	0	0	0	0	18	0	0	0	0
*FYFGA Breast Cutlet	3 oz.	80	9	1	2	0	0	50	17	40	2	0	0	0	0	0	20	0	0	0	2
Breast Cutlet, broiled	3 oz.	120	4.5	0.5	1	0	0	75	25	25	1	0	0	0	0	0	28	0	0	0	0
Breast, Boneless Chef Trimmed	3 oz.	120	4.5	0.5	1	0	0	75	25	25	1	0	0	0	0	0	28	0	0	0	0
Rosemary Balsamic Marinated Chicken Breast	3 oz.	110	13.5	1.5	2	0	0	65	22	125	5	0	0	0	0	1	24	0	0	0	0
Teriaki Marinated Chicken breast	3 oz.	200	27	3	5	1	5	70	23	720	30	5	2	0	0	2	37	0	0	0	10
Honey Mustard Marinated Chicken Breast	3 oz.	110	18	2	3	0.5	3	60	20	190	8	2	1	0	0	0	22	0	0	0	2
*FYFGA Drumstick, Skinless	3 oz.	96	36	4	6	2	10	95	32	80	3	0	0	0	0	0	18	0	0	0	2
Drumstick, baked	3 oz.	160	81	9	14	2.5	13	105	35	65	3	0	0	0	0	0	20	0	0	0	2
<i>with skin removed</i>	3 oz.	130	36	4	6	1	5	80	27	80	3	0	0	0	0	0	23	0	0	0	6
Gizzards and Hearts	3 oz.	120	45	5	8	1.5	8	235	78	80	3	0	0	0	0	0	19	0	0	0	25
Leg Quarter, baked	3 oz.	190	108	12	18	4	20	110	37	50	2	0	0	0	0	0	21	0	0	0	2
<i>with skin removed</i>	3 oz.	150	63	7	11	2	10	65	22	80	3	0	0	0	0	0	20	0	0	0	6
Thigh, Bone-In, baked	3 oz.	200	117	13	20	4	20	115	38	50	2	0	0	0	0	0	21	0	0	0	2
<i>with skin removed</i>	3 oz.	140	63	7	11	2.5	13	85	28	40	2	0	0	0	0	0	19	0	0	0	2

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	Cooked			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV
*FYFGA Thigh, Boneless	3 oz.	130	63	7	11	2	10	90	30	55	2	0	0	0	0	0	17	0	0	0	2
Thigh, Boneless/Skinless	3 oz.	140	63	7	11	2.5	13	85	28	40	2	0	0	0	0	0	19	0	0	0	2
*FYFGA Thigh, Skinless	3 oz.	122	54	6	9	2	10	90	30	75	3	0	0	0	0	0	15	0	0	0	2
Thigh Cutlets, Broiled	3 oz.	140	63	7	11	2.5	13	85	28	40	2	0	0	0	0	0	19	0	0	0	2
Wing, baked	3 oz.	190	117	13	20	4	20	115	38	50	2	0	0	0	0	0	18	0	0	0	0
<i>with skin removed</i>	3 oz.	150	54	6	9	1.5	8	70	23	80	3	0	0	0	0	0	23	0	0	0	6
*FYFGA Whole Fryer	3 oz.	130	63	7	11	2	10	50	17	60	3	0	0	0	0	0	16	0	0	0	2
Whole Fryer, roasted	3 oz.	200	126	14	22	4.5	23	90	30	40	2	0	0	0	0	0	19	0	0	0	2
Roaster white meat	3 oz.	170	81	9	14	3	15	80	27	50	2	0	0	0	0	0	21	0	0	0	0
Roaster dark meat	3 oz.	210	135	15	23	4.5	23	100	33	60	3	0	0	0	0	0	18	0	0	0	4

*FYFGA - Food You Feel Good About Brand

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