

# Meat Nutrition Facts



Turkey	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, baked	3 oz.	130	20	2	3	0	0	40	13	60	3	1	0	0	0	0	25	0	0	0	2
<i>With skin removed</i>	3 oz.	120	10	1	2	0	0	55	18	45	2	0	0	0	0	0	26	0	0	0	8
*FYFGA Breast, Whole, baked	3 oz.	160	60	7	11	2	10	60	20	50	2	0	0	0	0	0	24	0	0	0	6
<i>With skin removed</i>	3 oz.	120	10	1	2	0	0	55	18	45	2	0	0	0	0	0	26	0	0	0	8
*FYFGA Breast Tenderloin, broiled	3 oz.	110	10	1	2	0	0	40	13	60	3	1	0	0	0	0	25	0	0	0	2
*FYFGA Breast Cutlet, broiled	3 oz.	110	10	1	2	0	0	40	13	60	3	1	0	0	0	0	25	0	0	0	2
*FYFGA Breast, steak	3 oz.	110	10	1	2	0	0	40	13	60	3	1	0	0	0	0	25	0	0	0	2
*FYFGA Drumstick, baked	3 oz.	130	45	5	8	1	5	70	23	75	3	2	1	0	0	0	22	0	0	0	2
<i>With skin removed</i>	3 oz.	140	40	4	6	1	5	65	22	80	3	0	0	0	0	0	24	0	0	0	2
*FYFGA Thigh, baked	3 oz.	110	45	5	8	1	5	70	23	75	3	2	1	0	0	0	22	0	0	0	2
<i>With skin removed</i>	3 oz.	140	40	5	8	1.5	8	65	22	70	3	0	0	0	0	0	23	0	0	0	2
*FYFGA Wing, baked	3 oz.	200	100	11	17	3	15	70	23	50	2	0	0	0	0	0	23	0	0	0	6
<i>With skin removed</i>	3 oz.	140	25	3	5	1	5	60	20	75	3	0	0	0	0	0	26	0	0	0	8
*FYFGA Whole Turkey, Roasted	3 oz.	180	70	8	12	2	10	70	23	60	3	0	0	0	0	0	24	0	0	0	8
<i>With skin removed</i>	3 oz.	130	25	3	5	1	5	65	22	60	3	0	0	0	0	0	25	0	0	0	8
*FYFGA 94% lean Ground turkey	4 oz.	160	60	7	11	1	5	60	20	100	4	1	0	0	0	0	24	0	0	0	6
*FYFGA 99% lean Ground Turkey	4 oz.	120	10	1	2	0	0	55	18	90	4	1	0	0	0	0	26	0	0	0	2
Premium Holiday Turkey	3 oz.	130	35	4	6	1	5	65	22	110	5	0	0	0	0	0	25	0	0	0	10
Honey Brined Turkey Breast	3 oz.	120	45	5	8	1	5	60	20	50	2	0	0	0	0	0	2	0	0	0	2
Turkey Neck	3 oz.	130	50	5	8	1.5	8	65	22	190	8	0	0	0	0	0	20	0	0	0	2

\*FYFGA - Food You Feel Good About Brand

Have questions or comments? Call Wegmans Consumer Affairs  
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