

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. | 140 | 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. | 130 | 40 | 4 | 6 | 1 | 5 | 65 | 22 | 80 | 3 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 2 |
| *FYFGA Thigh, baked | 3 oz. | 140 | 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. | 110 | 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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