

## Breasts

### Nutrition Facts

Serv Size 4oz (112g)  
Servings Varied  
Calories 140  
Fat Cal 40

\* The % Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4.5g	7%	Sodium 55g	2%
Sat Fat 1.5g	8%	Total Carb 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 75mg	25%	Protein 25g	
Vitamin A 0% • Vitamin C 4% • Calcium 0% • Iron 4%			

## Bisl Breasts & Tenders

### Nutrition Facts

Serv Size 4oz (112g)  
Servings Varied  
Calories 120  
Fat Cal 10

\* The % Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	2%	Sodium 105g	4%
Sat Fat 0.5g	3%	Total Carb 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 75mg	25%	Protein 26g	
Vitamin A 0% • Vitamin C 2% • Calcium 0% • Iron 4%			

# Thighs

## Nutrition Facts

Serv Size 4oz (112g)  
Servings Varied  
Calories 270  
Fat Cal 200

\* The % Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 8g	12%	Sodium 110g	5%
Sat Fat 2g	10%	Total Carb 1g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 125mg	42%	Protein 19g	
Vitamin A 2% • Vitamin C 0% • Calcium 0% • Iron 6%			

# Blsl Thighs

## Nutrition Facts

Serv Size 4oz (112g)  
Servings Varied  
Calories 180  
Fat Cal 110

\* The % Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 12g	18%	Sodium 105g	4%
Sat Fat 3.5g	18%	Total Carb 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 85mg	28%	Protein 18g	
Vitamin A 2% • Vitamin C 0% • Calcium 0% • Iron 6%			

# Drumsticks

## Nutrition Facts

Serv Size 4oz (112g)  
Servings Varied  
Calories 150  
Fat Cal 70

\* The % Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 8g	12%	Sodium 110g	5%
Sat Fat 2g	10%	Total Carb 1g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 125mg	42%	Protein 19g	
Vitamin A 2% • Vitamin C 0% • Calcium 2% • Iron 8%			

# Wings

## Nutrition Facts

Serv Size 4oz (112g)  
Servings Varied  
Calories 210  
Fat Cal 140

\* The % Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 15g	23%	Sodium 95g	4%
Sat Fat 5g	25%	Total Carb 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 135mg	45%	Protein 20g	
Vitamin A 2% • Vitamin C 2% • Calcium 2% • Iron 4%			