

# Boneless Skinless Breast-Thin Sliced

## 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	1.5g	2%	Total Carb	0g	0%
Sat Fat	0g	0%	Fiber	0g	0%
Cholest	65mg	2.2%	Sugars	0g	
Sodium	75mg	3%	Protein	26g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

# Boneless Skinless Breast

## Nutrition Facts

Serv Size 4oz (112g)

Servings Varied

Calories 126

Fat Cal 10

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

Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat	1.5g	2%	Total Carb	0g	3%
Sat Fat	0g	0%	Fiber	0g	3%
Cholest	65mg	22%	Sugars	0g	
Sodium	75mg	3%	Protein	26g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

# Boneless Chicken Breast 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	1.5g	2%	Total Carb	0g	3%
Sat Fat	0g	0%	Fiber	0g	3%
Cholest	65mg	22%	Sugars	0g	
Sodium	75mg	3%	Protein	26g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

# Chicken Thighs

## Nutrition Facts

Serv Size 1 thigh (94g)

Servings Varied

Calories 200

Fat Cal 130

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

Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat	14g	22%	Total Carb	0g	0%
Sat Fat	4g	21%	Fiber	0g	0%
Cholest	80mg	26%	Sugars	0g	
Sodium	70mg	3%	Protein	16g	
Vitamin A	2%	•	Vitamin C	0%	•
			Calcium	0%	•
			Iron	6%	

# Wings

## Nutrition Facts

Serv Size 5 Pcs (120g)

Servings Varied

Calories 270

Fat Cal 170

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

Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat	19g	29%	Total Carb	0g	0%
Sat Fat	5g	27%	Fiber	0g	0%
Cholest	90mg	31%	Sugars	0g	
Sodium	90mg	4%	Protein	22g	
Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 6%					

# Boneless Skinless Thighs

## Nutrition Facts

Serv Size 1 thigh (69g)

Servings Varied

Calories 80

Fat Cal 25

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

Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat	2.5g	4%	Total Carb	0g	0%
Sat Fat	0.5g	3%	Fiber	0g	0%
Cholest	55mg	19%	Sugars	0g	
Sodium	60mg	2%	Protein	14g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

# Whole Chicken

## Nutrition Facts

Serv Size 4 oz. (112g)

Servings Varied

Calories 170

Fat Cal 80

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

Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat	9g	4%	Total Carb	0g	0%
Sat Fat	3g	3%	Fiber	0g	0%
Cholest	90mg	19%	Sugars	0g	
Sodium	75mg	2%	Protein	21g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%					

# Legs

## Nutrition Facts

Serv Size 1 leg (167g)

Servings Varied

Calories 310

Fat Cal 180

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

Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat	20g	31%	Total Carb	0g	0%
Sat Fat	6g	28%	Fiber	0g	0%
Cholest	140mg	46%	Sugars	0g	
Sodium	130mg	5%	Protein	30g	
Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 10%					

# Drumsticks

## Nutrition Facts

Serv Size 1 drmstk (73g)

Servings Varied

Calories 120

Fat Cal 60

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

Amount/Serving		%DV*	Amount/Serving		%DV*
Total Fat	6g	10%	Total Carb	0g	0%
Sat Fat	1.5g	9%	Fiber	0g	0%
Cholest	60mg	20%	Sugars	0g	
Sodium	60mg	3%	Protein	14g	
Vitamin A	0%	•	Vitamin C	4%	•
			Calcium	0%	•
			Iron	4%	