

| | Serving Size | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Poly-unsaturated Fat | Mono-unsaturated Fat | Cholesterol | Sodium | Total Carb. | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|-------------------------------|--------------|----------|-------------------|-----------|---------------|-----------|----------------------|----------------------|-------------|--------|-------------|---------------|--------|---------|-----------|-----------|---------|------|
| Whole or Cutup Fryer | 4 oz. | 120 | 25 | 3g | 1g | 0g | .5g | 1.5g | 85mg | 50mg | 0g | 0g | 0g | 24g | 0% | 0% | 0% | 6% |
| Roaster | 4 oz. | 120 | 25 | 3g | 1g | 0g | .5g | 1.5g | 85mg | 50mg | 0g | 0g | 0g | 24g | 0% | 0% | 0% | 6% |
| Split Breasts | 4 oz. | 120 | 10 | 1.5g | 0.5g | 0g | 0g | 0.5g | 70mg | 60mg | 1g | 0g | 0g | 26g | 0% | 2% | 0% | 4% |
| Boneless Skinless Breasts | 4 oz. | 110 | 5 | 0g | 0g | 0g | 0g | 0g | 75mg | 55mg | 1g | 0g | 0g | 26g | 0% | 2% | 0% | 4% |
| Breast Tenders | 4 oz. | 110 | 5 | 0g | 0g | 0g | 0g | 0g | 75mg | 55mg | 1g | 0g | 0g | 26g | 0% | 2% | 0% | 4% |
| Ground Chicken All White Meat | 4 oz. | 110 | 5 | 0g | 0g | 0g | 0g | 0g | 75mg | 55mg | 1g | 0g | 0g | 26g | 0% | 2% | 0% | 4% |
| Thighs | 4 oz. | 260 | 180 | 20g | 6g | 0g | 6g | 9g | 105mg | 85mg | 0g | 0g | 0g | 19g | 2% | 2% | 2% | 4% |
| Boneless Skinless Thighs | 4 oz. | 170 | 80 | 9g | 2.5g | 0g | 3g | 4g | 100mg | 80mg | 1g | 0g | 0g | 20g | 0% | 2% | 0% | 6% |
| Ground Chicken All Dark Meat | 4 oz. | 170 | 80 | 9g | 2.5g | 0g | 3g | 4g | 100mg | 80mg | 1g | 0g | 0g | 20g | 0% | 2% | 0% | 6% |
| Drumstick | 4 oz. | 150 | 70 | 7g | 2g | 0g | 2g | 3g | 100mg | 105mg | 0g | 0g | 0g | 21g | 0% | 0% | 0% | 6% |
| Leg 1/4's | 4 oz. | 230 | 170 | 19g | 5g | 0g | 5g | 8g | 85mg | 90mg | 0g | 0g | 0g | 15g | 2% | 2% | 0% | 4% |
| Whole Legs | 4 oz. | 230 | 170 | 19g | 5g | 0g | 5g | 8g | 85mg | 90mg | 0g | 0g | 0g | 15g | 2% | 2% | 0% | 4% |
| Wings | 4 oz. | 200 | 120 | 13g | 3.5g | 0g | 3.5g | 6g | 115mg | 90mg | 1g | 0g | 0g | 21g | 2% | 0% | 0% | 4% |
| Chicken Burger | 4 oz. | 170 | 80 | 9g | 2.5g | 0g | 3g | 4g | 100mg | 80mg | 1g | 0g | 0g | 20g | 0% | 2% | 0% | 6% |

