Chicken & Turkey

Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Serving Size 3 ounces (84g)

	NDB Number*	Calories	Calories From Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Protein	Vitamin A	Vitamin C	Calcium	Iron
				g / %DV	g / %DV	mg / %DV	mg / %DV	g / %DV	g	%DV	%DV	%DV	%DV
Chicken													
Whole Chicken w/o neck & giblets, roasted	5009	200	100	11 / 18	3 / 16	75 / 25	70 / 2	0 / 0	23	0	0	0	6%
Chicken Breast, roasted	5060	170	60	7 / 10	2 / 9	70 / 24	60 / 2	0 / 0	25	0	0	0	4%
Chicken Wing, roasted	5103	240	150	16 / 25	4.5 / 23	70 / 24	70 / 2	0 / 0	23	0	0	0	6%
Chicken Drumstick , roasted	5069	180	80	9 / 14	2.5 / 13	75 / 25	75 / 4	0 / 0	23	0	0	0	6%
Chicken Thigh, roasted	5094	210	120	13 / 20	3.5 / 18	80 / 26	70 / 2	0 / 0	21	0	0	0	6%
Turkey													
Whole Turkey w/o neck & giblets, roasted	5166	170	70	8 / 13	2.5 / 12	70 / 13	55 / 2	0 / 0	24	0	0	0	8%
Turkey Breast , roasted	5192	160	60	6 / 10	2 / 9	60 / 21	55 / 2	0 / 0	24	0	0	0	6%
Turkey Wing, roasted	5196	190	90	10 / 16	3 / 14	70 / 23	50 / 2	0 / 0	23	0	0	0	6%
Turkey Drumstick, roasted	5194	170	70	8 / 13	2.5 / 13	70 / 24	65 / 2	0 / 0	23	0	0	0	10%
Turkey Thigh, roasted	5184	190	90	10 / 15	3 / 15	75 / 25	65 / 2	0 / 0	23	0	0	0	10%

*USDA National Nutrient Database for Standard Reference, USDA, ARS.

Poultry provides negligible amounts of dietary fiber and sugars.

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