

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
Chicken																	
Whole Chicken w/o neck & giblets, roasted	5009	200	100	11	18	3	16	75	25	70	2	0	23	0	0	0	6%
Chicken Breast, roasted	5060	170	60	7	10	2	9	70	24	60	2	0	25	0	0	0	4%
Chicken Wing, roasted	5103	240	150	16	25	4.5	23	70	24	70	2	0	23	0	0	0	6%
Chicken Drumstick, roasted	5069	180	80	9	14	2.5	13	75	25	75	4	0	23	0	0	0	6%
Chicken Thigh, roasted	5094	210	120	13	20	3.5	18	80	26	70	2	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	24	0	0	0	8%
Turkey Breast, roasted	5192	160	60	6	10	2	9	60	21	55	2	0	24	0	0	0	6%
Turkey Wing, roasted	5196	190	90	10	16	3	14	70	23	50	2	0	23	0	0	0	6%
Turkey Drumstick, roasted	5194	170	70	8	13	2.5	13	70	24	65	2	0	23	0	0	0	10%
Turkey Thigh, roasted	5184	190	90	10	15	3	15	75	25	65	2	0	23	0	0	0	10%

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

Poultry provides negligible amounts of dietary fiber and sugars.