



Chicken 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:
Raw – 4oz (112g)
Cooked – 3oz (84g)

Chicken	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
Whole w/o Neck & Giblets, RAW	5006	240	150	17	26	5	24	85	28	80	3	0	0	21	4	2	0	6
Whole w/o Neck & Giblets, ROASTED	5009	200	100	11	18	3	16	75	25	70	2	0	0	23	0	0	0	6
Breast, Boneless Skinless - RAW	5062	130	25	3	5	.5	3	80	27	50	2	0	0	25	0	0	0	2
Breast, Boneless Skinless - ROASTED	5064	140	25	3	5	1	4	70	24	60	3	0	0	26	0	0	0	4
Breast, with Skin - RAW	5057	190	90	10	16	3	15	70	24	70	3	0	0	23	0	0	0	4
Breast, with Skin - ROASTED	5060	170	60	7	10	2	9	70	24	60	2	0	0	25	0	0	0	4
Wing, RAW	5100	210	130	14	22	4	20	125	41	95	4	0	0	20	0	0	0	2
Wing, ROASTED	5103	240	150	16	25	4.5	23	70	24	70	2	0	0	23	0	0	0	6
Drumstick, RAW	5066	180	90	10	16	3	14	105	34	120	5	0	0	20	0	0	0	4
Drumstick, ROASTED	5069	180	80	9	14	2.5	13	75	25	75	4	0	0	23	0	0	0	6
Thigh, RAW	5091	250	170	19	29	5	25	110	37	90	4	0	0	19	0	0	0	4
Thigh, ROASTED	5094	210	120	13	20	3.5	18	80	26	70	2	0	0	21	0	0	0	6

Chicken provides negligible amounts of dietary fiber and sugars.

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

Data is from United States Department of Agriculture | Food Safety and Inspection Service | September 2011