

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	%DV	%DV	%DV	%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	0	0	0	0	0	0	6%	
Chicken Breast, roasted	5060	170	60	7	10	2	9	70	24	60	2	0	0	25	0	0	0	0	0	0	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	0	0	0	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	0	0	0	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	0	0	0	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	0	0	0	0	0	0	8%	
Turkey Breast, roasted	5192	160	60	6	10	2	9	60	21	55	2	0	0	24	0	0	0	0	0	0	0	0	0	6%	
Turkey Wing, roasted	5196	190	90	10	16	3	14	70	23	50	2	0	0	23	0	0	0	0	0	0	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	0	0	0	0	0	0	10%	
Turkey Thigh, roasted	5184	190	90	10	15	3	15	75	25	65	2	0	0	23	0	0	0	0	0	0	0	0	0	10%	

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

Poultry provides negligible amounts of dietary fiber and sugars.

www.buehlers.com

United States Department of Agriculture
Food Safety and Inspection Service September 2011