

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
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.