

# Nutrition Facts For Chicken

One serving: 8oz raw chicken or 6oz cooked chicken



## **Boneless Skinless Chicken Breast**

240 Calories  
4g Fat  
0g Carbs  
51g Protein



## **Bone-In Split Chicken Breast**

280 Calories  
9g Fat  
0g Carbs  
52g Protein



## **Chicken Breast Deli Meat**

150 Calories  
3g Fat  
0g Carbs  
33g Protein



## **Rotisserie (White + Dark Meat)**

300 Calories  
13g Fat  
0g Carbs  
46g Protein



## **Boneless/Skinless Chicken Thighs**

360 Calories  
18g Fat  
0g Carbs  
44g Protein



## **Bone-In Chicken Thighs**

380 Calories  
24g Fat  
0g Carbs  
42g Protein



## **Whole Wings**

400 Calories  
26g Fat  
0g Carbs  
40g Protein



## **Flats & Drumettes**

380 Calories  
22g Fat  
0g Carbs  
44g Protein



## **Drumsticks**

360 Calories  
20g Fat  
0g Carbs  
40g Protein

### **Notes & Considerations:**

- All chicken will be cut and trimmed differently, so nutrition will vary slightly.
- Sauces & marinades will change the calories & nutrition facts.
- 8oz raw chicken cooks down to 6oz due to loss of water weight, but the nutrition facts are unchanged.