Thigh

Below is the image of a raw thigh.

This thigh is around 251 grams

Calories 680

Total Fat 48g

[Saturated fat 21g](#gjdgxs) [Polyunsaturated fat 2.2g](#30j0zll) [Monounsaturated fat 23g](#1fob9te)

Protein 62g

Cholestrol 196mg

* [Food Menu](#3znysh7)
* [Meat](http://docs.google.com/meat.php)
* [Vegetables](http://docs.google.com/vegetables.php)
* [Fruits](http://docs.google.com/fruits.php)
* [Seafood](http://docs.google.com/seafood.php)