

Turkey & Chicken

Cooked Turkey & Chicken Nutrition Facts

Serving Size: 3 oz. cooked serving Poultry type: Turkey=All classes Chicken=Broiler or fryers Cooking method: Roasted (unless otherwise noted) Percent Daily Value (%DV) Based on a 2,000 calorie diet All products listed are not a significant source of dietary fiber, sugars, total carbohydrates, vitamin A, and vitamin C	USDA National Nutrient Database for Standard Reference Number	Calories	Calories from Fat	Total Fat: g/%DV	Saturated Fat: g/%DV	Cholesterol: mg/%DV	Sodium: mg/%DV	Protein: g	Calcium: %DV	Iron: %DV
Whole Turkey - meat and skin <small>(w/o neck and giblets)</small>	05166	180	70	8/12	2.5/13	70/23	60/3	24	2	8
Whole Turkey - meat only <small>(w/o neck and giblets)</small>	05168	140	40	4/6	1/5	65/22	60/3	25	2	8
Turkey Breast - meat and skin	05192	160	60	6/9	2/10	65/22	55/2	24	0	6
Turkey Thigh - meat and skin	05184	190	90	10/15	3/15	75/25	65/3	23	2	10
Turkey Leg - meat and skin	05194	180	80	8/12	2.5/13	70/23	65/3	24	2	10
Turkey Wing - meat and skin	05196	190	100	11/17	3/15	70/23	50/2	23	2	6
Ground Turkey - 93% Lean / 7% Fat	05667	180	90	10/15	2.5/13	90/30	75/3	22	2	8
Ground Turkey - 85% Lean / 15% Fat	05670	210	120	14/22	3.5/18	90/30	70/3	22	4	10
Whole Chicken - meat and skin	05009	200	100	12/18	3/15	75/25	70/3	23	0	6
Whole Chicken - meat only	05013	160	60	6/9	1.5/8	75/25	75/3	25	0	6
Chicken Breast - meat and skin	05060	170	60	7/11	2/10	70/23	60/3	25	0	6
Chicken Breast - meat only	05064	140	25	3/5	1/5	75/23	65/3	26	0	4
Chicken Thigh - meat and skin	05094	210	120	13/20	3.5/18	80/27	70/3	21	0	6
Chicken Thigh - meat only	05098	180	80	9/14	2.5/13	80/27	75/3	22	0	6
Chicken Drumstick - meat and skin	05073	180	90	9/14	2.5/13	75/25	75/3	23	0	6
Chicken Drumstick - meat only	05069	150	45	5/8	1.5/8	80/27	80/3	24	0	6
Chicken Wing - meat and skin	05103	250	150	17/26	4.5/23	70/23	70/3	23	0	6
Chicken Wing - meat only	05107	170	60	7/11	2/10	70/23	80/3	26	0	6