

Turkey & Chicken

Raw Turkey & Chicken Nutrition Facts

Serving Size: 4 oz. raw serving Poultry type: Turkey=All classes Chicken=Broiler or fryers 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 (w/o neck and giblets)	05165	180	80	9/14	2.5/13	75/25	75/3	23	0	10
Whole Turkey - meat only (w/o neck and giblets)	05167	140	30	3/5	1/5	75/25	80/3	25	0	10
Turkey Breast - meat and skin	05191	180	70	8/12	2/10	75/25	65/3	25	0	8
Turkey Thigh - meat and skin	05183	180	90	10/15	3/15	80/27	80/3	21	0	10
Turkey Leg - meat and skin	05193	160	70	8/12	2.5/13	80/27	85/4	22	0	10
Turkey Wing - meat and skin	05195	220	130	14/22	3.5/18	80/27	60/3	23	0	8
Ground Turkey - 93% Lean / 7% Fat	05665	170	90	9/14	2.5/13	85/28	80/3	21	2	8
Ground Turkey - 85% Lean / 15% Fat	05668	200	130	14/22	4/20	90/30	60/3	19	4	8
Whole Chicken - meat and skin	05006	240	150	17/26	5/25	85/28	80/3	21	0	6
Whole Chicken - meat only	05011	140	30	3.5/5	1/5	80/27	85/4	24	0	6
Chicken Breast - meat and skin	05057	200	90	10/15	3/15	75/25	70/3	24	0	4
Chicken Breast - meat only	05062	130	25	3/5	0.5/3	75/25	130/5	24	0	2
Chicken Thigh - meat and skin	05091	240	160	17/26	5/25	95/32	85/4	20	0	6
Chicken Thigh - meat only	05096	140	40	4.5/7	1/5	95/32	100/4	22	0	6
Chicken Drumstick - meat and skin	05066	180	90	10/15	2.5/13	90/30	95/4	22	0	6
Chicken Drumstick - meat only	05071	140	35	4/6	1/5	85/28	100/4	23	0	6
Chicken Wing - meat and skin	05100	250	160	18/28	5/25	85/28	85/4	21	0	6
Chicken Wing - meat only	05105	140	35	4/6	1/5	65/22	90/4	25	0	6