

Chicken Comparison Chart

There are many choices for chicken. Take a look at this chart so you can make the best choice. Not all chicken is equal when comparing the nutrition facts! Baking it yourself is best.

Chicken	Serving Size	Calories	Fat (g)	Sodium (mg)
Chicken Breast	100 grams	165	3.6	74
Chicken Tenders	100 grams	165	3.6	74
Chicken Thighs	100 grams	177	8	87
Whole Chicken	100 grams	239	14	82
Ground Chicken	100 grams	239	14	82
Chicken Wings	100 grams	203	8	92
Pan Fried Chicken	100 grams	246	12	101
Fried Chicken	100 grams	460	35	738
Chicken Nuggets	100 grams	302	20	566
Chicken Sandwich	100 grams	320	13	1230

Serving Moist Chicken: Success Tips:

Do not overcook the chicken. Chicken breast is done when it reaches an internal temperature of 165 degrees F. Use a meat thermometer. Generally a good rule of thumb for cooking most skinless, boneless breasts of chicken is to bake for 20 minutes at 350 degrees.

Bake the chicken breast in a sauce to add more flavor and moisture. Ideas include broth, white sauce, or wine sauce. Tomato sauce works well, too.

Once the chicken is cooked, allow it to set for 5 minutes and then slice and serve. If you are serving family style it is always better to serve it over top of a warm sauce.

Refrigerate any leftover chicken immediately. This is important for food safety and quality. You can shred leftover chicken the next day for use in burritos, pasta, or salads.

— By: *Judy Doherty, BS, AOS, PC II*