




Foster Farm's Chicken Nutrients Guide

| *Foster Farms Product | Chicken Cut | Protein | Calories | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbs | Sugar |
|---|---|---------|----------|--------------|---------------|------------|----------------|--------------|------------|------------|
| Foster Farms Simply Raised Boneless Skinless Chicken Breast Fillets  | Boneless Skinless Chicken Breast Fillets Based on *Foster Farms Product Column | 25g | 130 | 2g (3%) | 0.5g (3%) | 0g (0%) | 65mg (22%) | 85mg (4%) | 0g (0%) | 0g (0%) |
| Foster Farms Simply Raised Boneless Skinless Chicken Breast Tenders  | Boneless Skinless Chicken Breast Tenders Based on *Foster Farms Product Column | 25g | 110 | 1.5g (2%) | 0g (0%) | 0g (0%) | 65mg (22%) | 90mg (4%) | 0g (0%) | 0g (0%) |
| Foster Farms Simply Raised Boneless Skinless Chicken Thighs  | Boneless Skinless Chicken Thighs Based on *Foster Farms Product Column | 19g | 170 | 10g (15%) | 3g (15%) | 0g (0%) | 105mg (35%) | 85mg (4%) | 0g (0%) | 0g (0%) |

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| Foster Farms Simply Raised Chicken Thighs  | Chicken Thighs Based on *Foster Farms Product Column | 19g | 250 | 19g (24%) | 5g (25%) | 0g (0%) | 110mg (37%) | 90mg (4%) | 0g (0%) | 0g (0%) |
| Foster Farms Simply Raised Chicken Drumsticks  | Chicken Drumsticks Based on *Foster Farms Product Column | 20g | 170 | 10g (13%) | 3g (15%) | 0g (0%) | 105mg (35%) | 120mg (5%) | 0g (0%) | 0g (0%) |
| Foster Farms Simply Raised Chicken Wings  | Chicken Wings Based on *Foster Farms Product Column | 20g | 210 | 14g (18%) | 4g (20%) | 0g (0%) | 125mg (42%) | 95mg (4%) | 0g (0%) | 0g (0%) |