CHICKEN NUTRITION

Nutrition Facts

Serving Size 86g
(1/2 breast, boneless & skinless)

Amount Per Serving	
Calories 142	Calories from Fat 28
	% Daily Value*
Total Fat 3g	5%
Cholesterol 73mg	24%
Sodium 64mg	3%
Total Carbohydrates 0g	0%
Protein 27g	
Vitamin A 17.2 IU	0%
Vitamin E 0.2mg	1%
Vitamin K 0.3mcg	0%
Thiamin 0.1 mg	4%
Riboflavin 0.1 mg	6%
Niacin 11.8mg	59%
Vitamin B6 0.5mg	26%
Folate 3.4mcg	1%
Vitamin B12 0.3mcg	5%
Pantothenic Acid 0.8mg	8%
Calcium 12.9mg	1%
Iron 0.9mg	5%
Magnesium 24.9mg	6%
Phosphorus 196mg	20%
Potassium 220mg	6%
Sodium 63.6mg	3%
Zinc 0.9mg	6%
Selenium 23.7mcg	34%
Omega-3 fatty acids 60.2mg	
Omega-6 fatty acids 507mg	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chicken is lower in fat and calories than most protein sources. White meat is lower in fat and calories than dark meat, but dark meat supplies more iron – a crucial nutrient, especially for women.

For healthy eyes, skin, and immune system.

For energy metabolism, healthy skin, and digestive system.

For strong bones, teeth, and healthy muscle tissue.

For energy, normal heart and nerve function.

For regulation of body fluids, and normal heart rhythm.

For cell protection, immune system, and thyroid gland.

USDA, National Nutrient Database for Standard Reference

Texas Farm Bureau Graphic