



The Skinny On Chicken!

Fact:

Eating a quarter of a rotisserie chicken is lower in calories, fat, sodium and higher in protein than eating 7 chicken nuggets!

A Healthier Choice!

One way to decrease fat content in the rotisserie chicken is to remove the skin. Chicken skin contains a high amount of saturated fat and calories! Removing the skin will decrease both these saturated fat and calories.



UNIVERSITY of NEW HAMPSHIRE

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Chicken Nuggets

5 oz (7 pc)

Chicken Nuggets:

Calories 522

Fat 35.4g

Sodium 977.3mg

Carbohydrates 26.4g

Total Protein 24.9g

Rotisserie Chicken

5 oz portion

with skin:

Calories 315

Fat 15.45g

Saturated Fat 4.32g

Sodium 106mg

Carbohydrates 0g

Total Protein 41g

Rotisserie Chicken

5 oz portion

without skin:

Calories 245

Total Fat 6.38g

Saturated Fat 1.8g

Sodium 109mg

Carbohydrates 0g

Total Protein 43.8g



Rotisserie Chicken Nutrient Analysis Provided by NATS 2.0. Chicken Nugget Analysis Provided by UNH Dining Nutrition Information.