

Nutrition Information

Broaster Foods[®] Products Nutrition Information



8-Piece-Cut Breaded Marinated Chicken	Serving Size (pieces)	Calories	Calories from Fat	Trans Fat	Total Fat (g)	Saturated Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Breast	1	329	99	0	11.0	2.0	138	1294	6.0	43.0
Thigh	1	298	153	0	17.0	4.0	130	659	5.0	24.0
Leg	1	160	72	0	8.0	2.0	85	560	2.0	17.0
Wing	1	169	99	0	11.0	2.0	77	584	3.0	14.0
Chicken	Serving Size (pieces)	Calories	Calories from Fat	Trans Fat	Total Fat (g)	Saturated Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Traditional Breaded Chicken Wings	1	177	108	0	12.0	2.0	60	570	7.0	10.0
Hot n' Spicy Chicken Wings	1	177	99	0	11.0	2.0	54	576	9.0	10.0
Fully-Cooked Oven Roasted Chicken Wings	1	43	23	0	2.7	0.8	13	193	0.7	4.0
Premium Boneless Buffalo Wings	1	122	63	0	7.0	<1.0	19	317	8.0	8.0
Chicken Breast Fillets	1	272	135	0	15.0	2.0	51	999	15.0	20.0
Fully-Cooked Mini Chicken Breast Fillets	1	172	36	0	4.0	1.2	96	N/A	0.3	34.1
Chicken Breast Tenders	1	130	63	0	7.0	<1.0	24	630	9.0	10.0
Home Style Chicken Tenders	1	161	60	0	6.7	0.6	25	737	12.4	12.8
Premium Jumbo Popcorn Chicken	1	63.6	32	0	3.6	0.3	14	191	3.0	4.8
Premium Cajun Jumbo Popcorn Chicken	1	54.4	22	0	2.4	0.3	15	157	3.0	5.0
Chicken Gizzards	1	45	23	0	2.5	0.2	20	87	3.6	1.8
Meat & Burritos	Serving Size (pieces)	Calories	Calories from Fat	Trans Fat	Total Fat (g)	Saturated Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Jumbo Corn Dogs	1	330	172	0	19.1	4.3	31	731	30.8	8.7
Beef n' Bean Burrito	1	398	164	1	18.3	7.3	16	923	43.8	14.6
Pizza Burrito	1	405	186	2	20.6	7.4	13	1032	43.8	14.6
Breakfast Burrito	1	407	197	1	21.8	8.6	117	977	40.4	14.6
Fish & Seafood	Serving Size (pieces)	Calories	Calories from Fat	Trans Fat	Total Fat (g)	Saturated Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Catfish Tender Strips	1	126	71	0	7.9	0.8	14	367	9.7	4.1
Hand-Breaded Style Catfish Fillets	1	106	55	0	6.1	0.8	25	199	2.4	10.2
Beer Battered Premium Cod Fillets 2 oz.	1	124	56	0	6.3	0.6	19	324	8.8	8.1
Beer Battered Premium Cod Fillets 4 oz.	1	236	116	0	12.8	1.2	30	537	16.4	13.6
Premium Beer Battered Shrimp	1	31	15	0	1.6	0.2	12	88	2.7	1.5
Appetizers	Serving Size (pieces)	Calories	Calories from Fat	Trans Fat	Total Fat (g)	Saturated Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Crinkle Cut Seasoned Potato Wedges	1	81	36	0	4.0	0.3	0	199	10.1	1.1
Crinkle Cut Seasoned Potato Slices	1	41	21	0	2.3	0.2	0	98	4.6	0.5
Three Cheese Mozzarella Sticks	1	41	20	0	2.2	0.8	4	135	3.6	1.7
Beer Battered Onion Rings	1	14	7	0	0.8	0.1	0	31	1.5	0.2
Battered Cheese Nuggets	1	43	22	0	2.4	1.1	5	130	4.0	1.3
Jalapeño Peppers with Cream Cheese	1	203	117	0	13.0	4.9	19	470	18.9	2.8
Biscuits	Serving Size (pieces)	Calories	Calories from Fat	Trans Fat	Total Fat (g)	Saturated Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Protein (g)
Premium Buttermilk Biscuits	1	210	100	5	11.0	3.0	0	800	28.0	3.0