



Approximate Calories

Wing:

87	Calories
10.3 g	Protien
1.0	Carbohydrtaes
5.05 g	Fat
1.50 g	Saturated fats
48.6 mg	Cholesterol
184.2 mg	Sodium

Breast:

234	Calories
33.8 g	Protien
1.0	Carbohydrtaes
10.99 g	Fat
3.52 g	Saturated fats
125.5 mg	Cholesterol
547.5 mg	Sodium

Thigh:

216	Calories
21.1 g	Protien
1.0	Carbohydrtaes
14.7 g	Fat
4.22 g	Saturated fats
122.7 mg	Cholesterol
349.4 mg	Sodium



Approximate Calories

Leg:

96	Calories
13.7 g	Protien
1.0	Carbohydrtaes
4.6 g	Fat
1.31 g	Saturated fats
77.3 mg	Cholesterol
183 mg	Sodium

Shredded Chicken 1 oz.:

49.6	Calories
7.8 g	Protien
1.0	Carbohydrtaes
2.0 g	Fat
.6 g	Saturated fats
28.4 mg	Cholesterol
99 mg	Sodium

Potatoes w/ gravy:

100	Calories
2.3 g	Protien
17.8 g	Carbohydrtaes
2.07 g	Fat
.59 g	Saturated fats
1.0 mg	Cholesterol
475.7 mg	Sodium



Approximate Calories

Beans:

144	Calories
7.4 g	Protien
26.1	Carbohydrtaes
1.16 g	Fat
.43 g	Saturated fats
3.8 mg	Cholesterol
449 mg	Sodium

Salad Dressing:

140.62	Calories
.73 g	Protien
2.81 g	Carbohydrtaes
14.0 g	Fat
2.3 g	Saturated fats
2.9 mg	Cholesterol
248.1 mg	Sodium

Pita:

200	Calories
6.0 g	Protien
41 g	Carbohydrtaes
2 g	Fat
0 g	Saturated fats
0 mg	Cholesterol
300 mg	Sodium

Butter:

91	Calories
.16 g	Protien
2.5 g	Carbohydrtaes
8.9 g	Fat
1.97 g	Saturated fats
3.6 mg	Cholesterol
77.7 mg	Sodium