

EDIBLE PROTEIN IN CHICKEN

8 Cut Chicken

(unbreaded, bone-in, with skin) serve:

Breast (4-5 oz.) = 2-2.5 oz. EP

Drum (2-3 oz.) = 1-1.5 oz. EP

Thigh (4-5 oz.) = 2-2.5 oz. EP

3 Wings (3 oz.) = 1 oz. EP

Drum and Thigh = 3-4 oz. EP

Drum and 3 Wings = 2-2.5 oz. EP

Thigh and 3 Wings = 3-3.5 oz. EP

Breast and 3 Wings = 3-3.5 oz. EP

Chicken Quarters

(unbreaded, bone-in, with skin) serve:

Leg Quarter (7 oz.) = 3 oz. EP

Breast Quarter (6 oz.) = 3 oz. EP

Boneless (skinless) chicken serve:

3 Tenderloin (4 oz.) = 3 oz. EP

Breast (4 oz.) = 3 oz. EP

Breast (3 oz.) = 2 oz. EP

Thigh (4 oz.) = 3 oz. EP

EP = Edible Protein

The above guidelines are reference ranges for the given chicken piece(s). Sizes vary depending on type, age, and percentage lean meat vs. water. Adjust portion as appropriate.