

NUTRITIONAL INFORMATION

PROXIMATE ANALYSIS													
PRODUCT	CALORIES (g)	MOISTURE (g)	PROTEIN (g)	FAT (g)	ASH (g)	CARBOHYDRATES (g)	SODIUM (mg)	NIACIN (mg)	VIT. A (mg)	VIT. C (mg)	VIT. B1 (mg)	VIT. B2 (mg)	CHOLESTEROL (mg)
CHICKEN BREAST	284	45.11	25.95	14.59	2.24	12.11	529	11.5	141	.1	.07	.17	67.2
CHICKEN WING	385	32.63	22.90	24.80	2.25	17.42	654	5.2	274	.1	.06	.24	81.1
CHICKEN LEG	287	46.33	25.99	16.29	2.20	9.19	542	7.3	256	.1	.07	.27	52.3
CHICKEN THIGH	355	39.47	21.13	24.14	1.87	13.39	574	4.7	318	.1	.06	.50	63.4
CHICKEN LIVERS (8 oz.)	341	35.75	23.28	18.68	2.40	19.89	704	13.0	8652	10.7	.15	2.60	147.0
CHICKEN GIZZARDS (8 oz.)	387	26.30	24.29	20.43	2.60	26.38	795	5.2	154	.1	.04	.18	88.3
CORN ON THE COB 3"	126	71.40	2.92	2.70	.57	22.41	23	1.6	332	7.5	.17	.14	1.0
FRENCH FRIES (4.5 oz)	503	28.49	4.77	21.60	1.37	43.77	235	2.8	88	8.1	.15	.12	1.0
SHRIMP (7 oz.)	277	41.06	12.61	10.10	2.42	33.81	778	2.6	69	.1	.06	.10	31.2
COLE SLAW (4.5 oz.)	131	78.48	1.74	9.54	.82	9.42	211	.5	221	32.0	.04	.10	6.0
CORN FRITTERS (12)	415	26.02	5.09	25.28	1.79	41.82	552	1.2	318	.1	.12	.14	4.3
POTATO SALAD (6 oz.)	94	78.56	2.00	3.77	2.77	12.90	639	1.8	111	6.0	.11	.10	10.5
MUSHROOMS (3 oz.)	289	46.21	6.13	16.17	1.85	29.64	671	4.7	79	4.2	.15	.24	1.0

Data reflects nutritional characteristics of fully prepared, ready to eat product. Values are per 100 grams of edible product. 100 grams equal approximately 3 ½ ounces.