

# Nutrition Information

## Broaster Express™ Products Nutrition Information

<b>8-Piece-Cut Breaded Marinated Chicken</b>										
	Serving Size (piece)	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
<b>Chicken</b>										
	Serving Size (piece)	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
<b>Meat &amp; Burritos</b>										
	Serving Size (piece)	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
<b>Fish &amp; Seafood</b>										
	Serving Size (piece)	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
<b>Appetizers</b>										
	Serving Size (piece)	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
Beer Battered Natural 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
<b>Biscuits</b>										
	Serving Size (piece)	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