

# NUTRITIONAL INFORMATION

## BROASTER®

	Genuine	Broasterie	Bro-Tisserie
<b>Breast</b>			
Serving Weight (oz)	5.99	6.35	6.91
Calories	315	301	357
Protein (g)	43	44	49
<b>Total Carbs (g)</b>	<b>5</b>	<b>2</b>	<b>1</b>
Fat (g)	9	13	17
Trans Fatty Acids (g)	0	0	0
Saturated Fats (g)	2	3	5
Monounsaturated Fats (g)	4	6	8
Polyunsaturated Fats (g)	2	2	2
Cholesterol (mg)	139	165	173
Sodium (mg)	1360	998	786
<b>Thigh</b>			
Serving Weight (oz)	4.00	3.62	3.98
Calories	289	233	286
Protein (g)	24	23	21
<b>Total Carbs (g)</b>	<b>4</b>	<b>1</b>	<b>2</b>
Fat (g)	16	15	22
Trans Fatty Acids (g)	0	0	0
Saturated Fats (g)	4	5	6
Monounsaturated Fats (g)	7	7	10
Polyunsaturated Fats (g)	4	3	3
Cholesterol (mg)	131	132	137
Sodium (mg)	703	721	516
<b>Leg</b>			
Serving Weight (oz)	2.68	2.53	2.76
Calories	154	135	150
Protein (g)	17	16	19
<b>Total Carbs (g)</b>	<b>2</b>	<b>1</b>	<b>1</b>
Fat (g)	7	7	9
Trans Fatty Acids (g)	0	0	0
Saturated Fats (g)	2	2	2
Monounsaturated Fats (g)	3	3	3
Polyunsaturated Fats (g)	2	1	1
Cholesterol (mg)	86	95	103
Sodium (mg)	590	477	381
<b>Wing</b>			
Serving Weight (oz)	2.19	1.34	1.69
Calories	164	103	123
Protein (g)	14	10	12
<b>Total Carbs (g)</b>	<b>3</b>	<b>1</b>	<b>1</b>
Fat (g)	10	7	8
Trans Fatty Acids (g)	0	0	0
Saturated Fats (g)	2	2	3
Monounsaturated Fats (g)	4	3	3
Polyunsaturated Fats (g)	2	2	2
Cholesterol (mg)	77	58	63
Sodium (mg)	609	491	489
<b>Potato Wedge</b>			
Serving Weight (oz)	1.50		
Calories	38		
Protein (g)	<1		
<b>Total Carbs (g)</b>	<b>6</b>		
Fat (g)	1		
Saturated Fats (g)	<0.1		
Monounsaturated Fats (g)	<1		
Polyunsaturated Fats (g)	<1		
Cholesterol (mg)	<1		
Sodium (mg)	38		

**Genuine Broaster Chicken®** is marinated in Broaster Chickite® marinade and coated in Broaster Slo-Bro® Coating. **Broasterie® Chicken** is marinated in Broasterie® marinade and seasoned with Broasterie® Supreme Seasoning. Both products are pressure fried in Bro-Oil® in a Broaster Company manufactured pressure fryer.

**Bro-Tisserie® Chicken** is seasoned with Broaster's Original Rotisserie Seasoning and cooked in a Broaster Company manufactured rotisserie. (Rotisserie cooked products are not marinated.)

Serving weights for Broaster products are average weights *after cooking* based on fresh chicken in the typical 2-3/4 to 3 lb. range prior to cooking.

All figures shown are for 8-piece cut chicken pieces with skin in place. If the skin is removed by the consumer from Genuine Broaster Chicken®, fat, calories, and carbohydrates can be reduced as follows:

*Breast* – total fat decreases by 82%, calories decrease by 32%, and carbohydrates decrease by 90%.

*Thigh* – total fat decreases by 61%, calories decrease by 38%, and carbohydrates decrease by 90%.

Note: Variations can be expected due to seasonal influences, slight differences in preparation, cooking, and marinade ratio used by operators, use of larger or smaller than typical chicken pieces, and other factors beyond our control.

Broaster®, Broasted®, Broaster Chicken®, Broaster Foods®, Broasterie®, and Bro-Tisserie® are registered trademarks. Usage is available only to licensed operators with written authorization from The Broaster Company.

*All 3 Broaster products may not be available at all locations.*



**BROASTER®**  
An American Tradition Since 1954

2855 Cranston Road  
Beloit, WI 53511-3991 USA

Phone: (608) 365-0193 Fax: (608) 363-7957  
E-mail: [broaster@broaster.com](mailto:broaster@broaster.com)

1-800-365-8278 • [www.broaster.com](http://www.broaster.com)