

NUTRITIONAL INFORMATION

BROASTER®

| | Genuine | Broasterie | Bro-Tisserie |
|--------------------------|----------|------------|--------------|
| Breast | | | |
| Serving Weight (oz) | 5.99 | 6.35 | 6.91 |
| Calories | 315 | 301 | 357 |
| Protein (g) | 43 | 44 | 49 |
| Total Carbs (g) | 5 | 2 | 1 |
| 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 |
| Thigh | | | |
| Serving Weight (oz) | 4.00 | 3.62 | 3.98 |
| Calories | 289 | 233 | 286 |
| Protein (g) | 24 | 23 | 21 |
| Total Carbs (g) | 4 | 1 | 2 |
| 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 |
| Leg | | | |
| Serving Weight (oz) | 2.68 | 2.53 | 2.76 |
| Calories | 154 | 135 | 150 |
| Protein (g) | 17 | 16 | 19 |
| Total Carbs (g) | 2 | 1 | 1 |
| 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 |
| Wing | | | |
| Serving Weight (oz) | 2.19 | 1.34 | 1.69 |
| Calories | 164 | 103 | 123 |
| Protein (g) | 14 | 10 | 12 |
| Total Carbs (g) | 3 | 1 | 1 |
| 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 |
| Potato Wedge | | | |
| Serving Weight (oz) | 1.50 | | |
| Calories | 38 | | |
| Protein (g) | <1 | | |
| Total Carbs (g) | 6 | | |
| 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.



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An American Tradition Since 1954

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