Calorie chart: chicken (PDF)

Calories, protein, carbohydrate and fat for 199 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Barbecue Chicken Wings	1 serving (96 g)	232	**242**	22.2	3.4	14.9
Barbecue Glazed Chicken Wings Frozen	3 oz (85 g)	179	**211**	19.7	3.3	12.7
Barbecue Glazed Chicken Wings Microwaved	3 oz (85 g)	211	**248**	25.3	3.8	13.9
BBQ Rotisserie Chicken Back Skinless	3 oz (85 g)	180	**212**	21.9	0.3	13.9
BBQ Rotisserie Chicken Back with Skin	3 oz (85 g)	213	**251**	20.3	0.4	18.9
BBQ Rotisserie Chicken Breast Skinless	3 oz (85 g)	122	**144**	28	0	3.6
BBQ Rotisserie Chicken Breast with Skin	3 oz (85 g)	149	**175**	26.4	0.1	7.7
BBQ Rotisserie Chicken Drumstick Skinless	3 oz (85 g)	146	**172**	27.7	0	6.8
BBQ Rotisserie Chicken Drumstick with Skin	3 oz (85 g)	175	**206**	25.7	0.1	11.5
BBQ Rotisserie Chicken Skin	1 serving (85 g)	321	**378**	15.2	0.7	35.2
BBQ Rotisserie Chicken Thigh Skinless	3 oz (85 g)	164	**193**	24.1	0	10.7
BBQ Rotisserie Chicken Thigh with Skin	3 oz (85 g)	192	**226**	22.5	0.1	15.1
BBQ Rotisserie Chicken Wing Skinless	3 oz (85 g)	158	**186**	28.3	0.5	7.8
BBQ Rotisserie Chicken Wing with Skin	3 oz (85 g)	218	**257**	23.4	0.6	18
Boiled Chicken Breast	1/2 breast, bone and skin removed (95 g)	143	**151**	29	0	3
Breaded Chicken Tenders Uncooked	3 oz (85 g)	224	**263**	14.7	15	15.8
Canned Chicken	3 oz (85 g)	140	**165**	21.8	0	8
Canned Chicken No Broth	3 oz (85 g)	157	**185**	25.3	0.9	8.1
Capon Giblets Raw	1 giblets (115 g)	150	**130**	18.3	1.4	5.2
Capon Giblets Simmered	1 cup, chopped or diced (145 g)	238	**164**	26.4	0.8	5.4
Capon with Skin Raw	3 oz (85 g)	199	**234**	18.8	0	17.1
Capon with Skin Roasted	3 oz (85 g)	195	**229**	29	0	11.7
Chicken Back Skinless Fried	1 unit (yield from 1 lb ready-to-cook chicken) (35 g)	101	**288**	30	5.7	15.3
Chicken Back Skinless Raw	4 oz (113 g)	155	**137**	19.6	0	5.9
Chicken Back Skinless Roasted	3 oz (85 g)	203	**239**	28.2	0	13.2
Chicken Back Skinless Stewed	1 unit (yield from 1 lb ready-to-cook chicken) (26 g)	54	**209**	25.3	0	11.2
Chicken Back with Skin Batter Fried	1 unit (yield from 1 lb ready-to-cook chicken) (72 g)	238	**331**	22	10.3	21.9
Chicken Back with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (44 g)	146	**331**	27.8	6.5	20.7

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Back with Skin Raw	1 unit (yield from 1 lb ready-to-cook chicken) (59 g)	188	**319**	14.1	0	28.7
Chicken Back with Skin Roasted	1 unit (yield from 1 lb ready-to-cook chicken) (32 g)	96	**300**	26	0	21
Chicken Back with Skin Stewed	3 oz (85 g)	219	**258**	22.2	0	18.1
Chicken Breast	3 oz (85.1 g)	140	**165**	31	0	3.6
Chicken Breast Skinless Braised	3 oz (85 g)	133	**157**	32.1	0	3.2
Chicken Breast Skinless Fried	1 unit (yield from 1 lb ready-to-cook chicken) (52 g)	97	**187**	33.4	0.5	4.7
Chicken Breast with Skin	1/2 breast, bone removed (98 g)	193	**197**	29.8	0	7.8
Chicken Breast with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (59 g)	131	**222**	31.8	1.6	8.9
Chicken Breast with Skin Raw	1/2 breast, bone removed (yield from 1 lb ready-to-cook chicken) (87 g)	150	**172**	20.9	0	9.3
Chicken Breast with Skin Stewed	1 cup, chopped or diced (140 g)	258	**184**	27.4	0	7.4
Chicken Drumstick	1 drumstick with skin (yield from 1 lb ready-to-cook chicken) (105 g)	201	**191**	23.4	0	10.2
Chicken Drumstick Skinless Braised	3 oz (85 g)	127	**149**	23.9	0	6
Chicken Drumstick Skinless Fried	1 unit (yield from 1 lb ready-to-cook chicken) (25 g)	49	**195**	28.6	0	8.1
Chicken Drumstick Skinless Raw	4 oz (113 g)	131	**116**	19.4	0	3.7
Chicken Drumstick Skinless Stewed	3 oz (85 g)	144	**169**	27.5	0	5.7
Chicken Drumstick with Skin Braised	3 oz (85 g)	159	**187**	22.7	0	10.7
Chicken Drumstick with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (29 g)	71	**245**	27	1.6	13.7
Chicken Drumstick with Skin Stewed	1 cup, chopped or diced (140 g)	286	**204**	25.3	0	10.6
Chicken Feet	3 oz (85 g)	183	**215**	19.4	0.2	14.6
Chicken Giblets Fried	1 cup, chopped or diced (145 g)	402	**277**	32.5	4.4	13.5
Chicken Giblets Raw	1 unit (yield from 1 lb ready-to-cook chicken) (23 g)	29	**124**	17.9	1.8	4.5
Chicken Giblets Simmered	3 oz (85 g)	133	**157**	27.2	0	4.5
Chicken Gizzard Raw	4 oz (113 g)	106	**94**	17.7	0	2.1
Chicken Gizzards	1 cup chopped or dice (145 g)	223	**154**	30.4	0	2.7
Chicken Heart Raw	1 heart (6.1 g)	9	**153**	15.6	0.7	9.3
Chicken Hearts	1 cup, chopped or diced (145 g)	268	**185**	26.4	0.1	7.9
Chicken Leg	3 oz (85 g)	156	**184**	24	0	9
Chicken Leg Skin Braised	3 oz (85 g)	377	**443**	14.6	0	42.8
Chicken Leg Skin Raw	4 oz (113 g)	497	**440**	9.6	0.8	44.2
Chicken Leg Skin Roasted	3 oz (85 g)	393	**462**	16.6	0	44
Chicken Leg Skinless Fried	1 unit (yield from 1 lb ready-to-cook chicken) (56 g)	116	**208**	28.4	0.7	9.3
Chicken Leg Skinless Raw	4 oz (113 g)	136	**120**	19.2	0	4.2
Chicken Leg Skinless Roasted	3 oz (85 g)	148	**174**	24.2	0	7.8
Chicken Leg Skinless Stewed	3 oz (85 g)	157	**185**	26.3	0	8.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Leg with Skin Batter Fried	1 unit (yield from 1 lb ready-to-cook chicken) (95 g)	259	**273**	21.8	8.7	16.2
Chicken Leg with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (67 g)	170	**254**	26.8	2.5	14.4
Chicken Leg with Skin Raw	4 oz (113 g)	242	**214**	16.4	0.2	16
Chicken Leg with Skin Stewed	1 cup, chopped or diced (140 g)	308	**220**	24.2	0	12.9
Chicken Liver	3 oz (85 g)	142	**167**	24.5	0.9	6.5
Chicken Liver Pan-Fried	3 oz (85 g)	146	**172**	25.8	1.1	6.4
Chicken Meat Skinless Fried	1 cup, chopped or diced (140 g)	307	**219**	30.6	1.7	9.1
Chicken Meat Skinless Stewed	1 cup, chopped or diced (140 g)	248	**177**	27.3	0	6.7
Chicken Meat with Skin Flour Fried	3 oz (85 g)	229	**269**	28.6	3.2	14.9
Chicken Meat with Skin Stewed	1 cup, chopped or diced (140 g)	307	**219**	24.7	0	12.6
Chicken Neck Skinless Fried	1 unit (yield from 1 lb ready-to-cook chicken) (7 g)	16	**229**	26.9	1.8	11.9
Chicken Neck Skinless Raw	1 unit (yield from 1 lb ready-to-cook chicken) (6 g)	9	**154**	17.6	0	8.8
Chicken Neck Skinless Simmered	3 oz (85 g)	152	**179**	24.6	0	8.2
Chicken Neck with Skin Batter Fried	1 unit (yield from 1 lb ready-to-cook chicken) (16 g)	53	**330**	19.8	8.7	23.5
Chicken Neck with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (11 g)	37	**332**	24	4.2	23.6
Chicken Neck with Skin Raw	1 unit (yield from 1 lb ready-to-cook chicken) (15 g)	45	**297**	14.1	0	26.2
Chicken Neck with Skin Simmered	1 unit (yield from 1 lb ready-to-cook chicken) (11 g)	27	**247**	19.6	0	18.1
Chicken Patty	1 patty (60 g)	172	**287**	14.9	12.8	19.6
Chicken Separable Fat Raw	1 tbsp (12.8 g)	81	**629**	3.7	0	68
Chicken Skin	1 unit (yield from 1 lb ready-to-cook chicken) (34 g)	154	**454**	20.4	0	40.7
Chicken Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (33 g)	166	**502**	19.1	9.3	42.6
Chicken Skin Raw	4 oz (113 g)	394	**349**	13.3	0	32.4
Chicken Skin Stewed	3 oz (85 g)	309	**363**	15.2	0	33
Chicken Tenders	3 oz (85 g)	214	**252**	16.4	17.6	12.9
Chicken Thigh	1 thigh without skin (116 g)	208	**179**	24.8	0	8.2
Chicken Thigh Skinless Braised	3 oz (85 g)	150	**176**	24.6	0	8.6
Chicken Thigh Skinless Fried	3 oz (85 g)	185	**218**	28.2	1.2	10.3
Chicken Thigh Skinless Stewed	1 cup, chopped or diced (140 g)	273	**195**	25	0	9.8
Chicken Thigh with Skin	1 thigh with skin (137 g)	318	**232**	23.3	0	14.7
Chicken Thigh with Skin Braised	3 oz (85 g)	195	**229**	22.6	0	15.4
Chicken Thigh with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (38 g)	100	**262**	26.8	3.2	15
Chicken Thigh with Skin Raw	4 oz (113 g)	250	**221**	16.5	0.3	16.6
Chicken Thigh with Skin Stewed	1 unit (yield from 1 lb ready-to-cook chicken) (41 g)	95	**232**	23.3	0	14.7
Chicken Wing	1 piece (85 g)	216	**254**	23.8	0	16.9
Chicken Wing Skinless Fried	3 oz (85 g)	179	**211**	30.2	0	9.2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Wing Skinless Raw	1 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) (17 g)	21	**126**	22	0	3.5
Chicken Wing Skinless Roasted	1 unit (yield from 1 lb ready-to-cook chicken) (13 g)	26	**203**	30.5	0	8.1
Chicken Wing Skinless Stewed	3 oz (85 g)	154	**181**	27.2	0	7.2
Chicken Wing with Skin Batter Fried	1 unit (yield from 1 lb ready-to-cook chicken) (29 g)	94	**324**	19.9	10.9	21.8
Chicken Wing with Skin Stewed	1 cup, chopped or diced (140 g)	349	**249**	22.8	0	16.8
Cooked Chicken	1 cup, chopped or diced (140 g)	266	**190**	28.9	0	7.4
Dark Meat Chicken	1 cup, chopped or diced (140 g)	287	**205**	27.4	0	9.7
Dark Meat Chicken Skinless Fried	1 cup (140 g)	335	**239**	29	2.6	11.6
Dark Meat Chicken Skinless Raw	1 unit (yield from 1 lb ready-to-cook chicken) (109 g)	136	**125**	20.1	0	4.3
Dark Meat Chicken Skinless Stewed	1 cup, chopped or diced (140 g)	269	**192**	26	0	9
Dark Meat Chicken with Skin Batter Fried	3 oz (85 g)	253	**298**	21.9	9.4	18.6
Dark Meat Chicken with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (110 g)	314	**285**	27.2	4.1	16.9
Dark Meat Chicken with Skin Raw	4 oz (113 g)	268	**237**	16.7	0	18.3
Dark Meat Chicken with Skin Roasted	1 unit (yield from 1 lb ready-to-cook chicken) (101 g)	256	**253**	26	0	15.8
Dark Meat Chicken with Skin Stewed	1 unit (yield from 1 lb ready-to-cook chicken) (110 g)	256	**233**	23.5	0	14.7
Enhanced Chicken Breast Skinless Braised	3 oz (85 g)	123	**145**	28.2	0	3.6
Enhanced Chicken Breast Skinless Grilled	3 oz (85 g)	126	**148**	29.5	0	3.4
Enhanced Chicken Breast Skinless Raw	4 oz (113 g)	122	**108**	20.3	0	3
Enhanced Chicken Drumstick Skinless Braised	3 oz (85 g)	127	**149**	23	0	6.3
Enhanced Chicken Drumstick Skinless Raw	4 oz (113 g)	120	**106**	19.2	0	3.3
Enhanced Chicken Drumstick Skinless Roasted	3 oz (85 g)	124	**146**	25.3	0	5
Enhanced Chicken Drumstick with Skin Braised	3 oz (85 g)	156	**183**	21.6	0.1	10.7
Enhanced Chicken Drumstick with Skin Raw	4 oz (113 g)	165	**146**	18	0	8.2
Enhanced Chicken Drumstick with Skin Roasted	3 oz (85 g)	153	**180**	24.7	0.1	9
Enhanced Chicken Leg Skin Braised	3 oz (85 g)	343	**403**	12.3	1	38.9
Enhanced Chicken Leg Skin Raw	4 oz (113 g)	436	**386**	11.1	0	37.9
Enhanced Chicken Leg Skin Roasted	3 oz (85 g)	358	**421**	20.3	0.4	37.6
Enhanced Chicken Thigh Skinless Braised	3 oz (85 g)	139	**164**	23	0	8
Enhanced Chicken Thigh Skinless Raw	4 oz (113 g)	124	**110**	19.1	0	3.7

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Enhanced Chicken Thigh Skinless Roasted	3 oz (85 g)	139	**164**	24.2	0	7.7
Enhanced Chicken Thigh with Skin Braised	3 oz (85 g)	183	**215**	20.7	0.2	14.6
Enhanced Chicken Thigh with Skin Raw	4 oz (113 g)	223	**197**	16.6	0	14.6
Enhanced Chicken Thigh with Skin Roasted	3 oz (85 g)	182	**214**	23.5	0.1	13.8
Fried Chicken	3 oz (85 g)	246	**289**	22.5	9.4	17.4
Fried Chicken Breast	1 breast, bone removed (140 g)	364	**260**	24.8	9	13.2
Fried Chicken Drumstick	1 drumstick, bone removed (72 g)	193	**268**	22	8.3	15.8
Fried Chicken Skin	3 oz (85 g)	335	**394**	10.3	23.2	28.8
Fried Chicken Thigh	1 thigh, bone removed (86 g)	238	**277**	21.6	9.1	16.5
Fried Chicken Wing	1 wing, bone removed (32 g)	103	**321**	26.1	2.4	22.2
Frozen Chicken Patty Uncooked	3 oz (85 g)	248	**292**	14.3	13.6	20
Grilled Chicken Breast	3 oz (85 g)	128	**151**	30.5	0	3.2
Ground Chicken	3 oz crumbled (85 g)	161	**189**	23.3	0	10.9
Raw Chicken	4 oz (113 g)	134	**119**	21.4	0	3.1
Raw Chicken Breast	4 oz (113 g)	136	**120**	22.5	0	2.6
Raw Chicken Drumstick	1 drumstick with skin (133 g)	214	**161**	18.1	0.1	9.2
Raw Chicken Liver	4 oz (113 g)	134	**119**	16.9	0.7	4.8
Raw Chicken Thigh	4 oz (113 g)	137	**121**	19.7	0	4.1
Raw Chicken Wing	1 piece (107 g)	204	**191**	17.5	0	12.9
Raw Ground Chicken	4 oz crumbled (113 g)	162	**143**	17.4	0	8.1
Raw Whole Chicken	4 oz (113 g)	243	**215**	18.6	0	15.1
Roast Chicken	3 oz (85 g)	203	**239**	27.3	0	13.6
Roasting Chicken Dark Meat Raw	1 unit (yield from 1 lb ready-to-cook chicken) (113 g)	128	**113**	18.7	0	3.6
Roasting Chicken Dark Meat Roasted	1 cup, chopped or diced (140 g)	249	**178**	23.3	0	8.8
Roasting Chicken Giblets Raw	1 unit (yield from 1 lb ready-to-cook chicken) (25 g)	32	**127**	18.1	1.1	5
Roasting Chicken Giblets Simmered	1 cup, chopped or diced (145 g)	239	**165**	26.8	0.9	5.2
Roasting Chicken Skinless Raw	3 oz (85 g)	94	**111**	20.3	0	2.7
Roasting Chicken Skinless Roasted	1 cup, chopped or diced (140 g)	234	**167**	25	0	6.6
Roasting Chicken White Meat Raw	1 unit (yield from 1 lb ready-to-cook chicken) (99 g)	108	**109**	22.2	0	1.6
Roasting Chicken White Meat Roasted	1 cup, chopped or diced (140 g)	214	**153**	27.1	0	4.1
Roasting Chicken with Skin Roasted	3 oz (85 g)	190	**223**	24	0	13.4
Rotisserie Chicken Back Skinless	1 serving (3 oz) (85 g)	174	**205**	25.3	0	11.5
Rotisserie Chicken Back with Skin	1 serving (3 oz) (85 g)	221	**260**	23.2	0	18.6
Rotisserie Chicken Breast	1 serving (3 oz) (85 g)	156	**184**	27.5	0	8.2
Rotisserie Chicken Breast Skinless	3 oz (85 g)	116	**137**	28	0	2.8

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Rotisserie Chicken Drumstick	1 drumstick (53 g)	114	**215**	26.9	0	12
Rotisserie Chicken Drumstick Skinless	1 serving (3oz) (85 g)	150	**176**	28.7	0	6.8
Rotisserie Chicken Skin	3 oz (85 g)	345	**406**	17.7	0.1	37.2
Rotisserie Chicken Thigh	1 thigh (89 g)	207	**233**	22.9	0	15.7
Rotisserie Chicken Thigh Skinless	1 serving (3 oz) (85 g)	167	**196**	24.1	0	11.1
Rotisserie Chicken Wing Skinless	1 serving (3 oz) (85 g)	167	**197**	27.7	0	9.5
Rotisserie Chicken Wing with Skin	1 serving (3 oz) (85 g)	226	**266**	24.3	0	18.8
Skinless Chicken Drumstick	1 drumstick without skin (96 g)	149	**155**	24.2	0	5.7
Stewing Chicken Dark Meat Raw	1 unit (yield from 1 lb ready-to-cook chicken) (105 g)	165	**157**	19.7	0	8.1
Stewing Chicken Dark Meat Stewed	1 cup, chopped or diced (140 g)	361	**258**	28.1	0	15.3
Stewing Chicken Giblets Raw	1 unit (yield from 1 lb ready-to-cook chicken) (28 g)	47	**168**	17.9	2.1	9.2
Stewing Chicken Giblets Simmered	1 cup, chopped or diced (145 g)	281	**194**	25.7	0.1	9.3
Stewing Chicken Skinless Raw	4 oz (113 g)	167	**148**	21.3	0	6.3
Stewing Chicken Skinless Stewed	3 oz (85 g)	201	**237**	30.4	0	11.9
Stewing Chicken White Meat Raw	1 unit (yield from 1 lb ready-to-cook chicken) (89 g)	122	**137**	23.1	0	4.2
Stewing Chicken White Meat Stewed	1 cup, chopped or diced (140 g)	298	**213**	33	0	8
Stewing Chicken with Skin Raw	3 oz (85 g)	219	**258**	17.6	0	20.3
Stewing Chicken with Skin Stewed	3 oz (85 g)	242	**285**	26.9	0	18.9
White Meat Chicken	1 cup, chopped or diced (140 g)	242	**173**	30.9	0	4.5
White Meat Chicken Skinless Fried	1 cup (140 g)	269	**192**	32.8	0.4	5.5
White Meat Chicken Skinless Raw	1 unit (yield from 1 lb ready-to-cook chicken) (88 g)	100	**114**	23.2	0	1.7
White Meat Chicken Skinless Stewed	1 cup, chopped or diced (140 g)	223	**159**	28.9	0	4
White Meat Chicken with Skin Batter Fried	1 unit (yield from 1 lb ready-to-cook chicken) (113 g)	313	**277**	23.6	9.5	15.4
White Meat Chicken with Skin Flour Fried	1 unit (yield from 1 lb ready-to-cook chicken) (78 g)	192	**246**	30.5	1.8	12.1
White Meat Chicken with Skin Raw	4 oz (113 g)	210	**186**	20.3	0	11.1
White Meat Chicken with Skin Roasted	1 unit (yield from 1 lb ready-to-cook chicken) (79 g)	175	**222**	29	0	10.9
White Meat Chicken with Skin Stewed	1 unit (yield from 1 lb ready-to-cook chicken) (90 g)	181	**201**	26.1	0	10
Whole Capon with Giblets Raw	3 oz (85 g)	197	**232**	18.5	0.1	16.9
Whole Capon with Giblets Roasted	3 oz (85 g)	192	**226**	28.4	0	11.7
Whole Chicken with Giblets Batter Fried	3 oz (85 g)	247	**291**	22.8	9	17.5

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Whole Chicken with Giblets Flour Fried	3 oz (85 g)	231	**272**	28.6	3.3	15.3
Whole Chicken with Giblets Raw	3 oz (85 g)	181	**213**	18.3	0.1	14.8
Whole Chicken with Giblets Roasted	3 oz (85 g)	199	**234**	26.8	0.1	13.3
Whole Chicken with Giblets Stewed	3 oz (85 g)	184	**216**	24.5	0.1	12.4
Whole Roasting Chicken with Giblets Raw	3 oz (85 g)	181	**213**	17.1	0.1	15.5
Whole Roasting Chicken with Giblets Roasted	3 oz (85 g)	187	**220**	24	0.1	13.1
Whole Stewing Chicken with Giblets Raw	3 oz (85 g)	213	**251**	17.5	0.2	19.5
Whole Stewing Chicken with Giblets Stewed	3 oz (85 g)	182	**214**	24.9	0	11.9

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/chicken/