



Church's®

Fried Chicken

Food Item

Chicken

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Breast	200	4	19	12	510	3 lean meat 1 fat
Leg	140	2	13	9	160	2 medium fat meat
Tender Strip	80	5	6	4	140	1 medium fat meat
Thigh	230	5	16	16	520	1/2 starch 2 medium fat meat 1 fat
Wing	250	8	19	16	540	1/2 starch 3 medium fat meat

Side Dishes

Biscuit	250	26	2	16	640	1 1/2 starch 3 fat
French Fries	221	29	3	11	60	2 starch 1 1/2 fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Potatoes & Gravy	90	14	1	3	520	1 starch 1/2 fat
Cole Slaw	92	8	4	6	230	1/2 starch 1 fat
Cajun Rice	130	16	1	7	260	1 starch 1 fat
Corn on the Cob	139	23	4	3	15	1 1/2 starch 1/2 fat
Okra	210	19	3	16	520	1 starch 3 fat
Apple Pie	280	40	2	12	340	2 1/2 carbohydrate 2 fat

Nutrient data obtained from Church's Chicken.

Information compiled and exchanges calculated by:

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