

Data Sheet: Chicken (Chicken Nugget)

Nuggets are a chicken product made from chicken meat that is battered and breaded, deep-fried or baked.

Invented in the 1950s, chicken nuggets have become a popular item in fast food restaurants as well as a frozen product sold for home use.

Chicken nuggets are produced by deboning chickens and cutting the meat to the correct size. The pieces and other ingredients are forced through mesh, creating a meat paste that is formed into the desired shape. It is then battered and breaded and fried in oil. Finally, the nuggets are packaged, frozen, and stored for shipping.

There are different types of chicken used in the food industry. The type of chicken used for eating is called a broiler chicken. These chickens usually live up to 8 weeks. Chickens can be prepared in a vast range of ways including baking, grilling, barbecuing, frying, and boiling. A single broiler chicken produces about 130 chicken nuggets. Another type of chicken are layer hens. They are used to produce eggs. Some breeds of layer hens can lay up to 300 eggs per year.

Why is chicken on the food tray?

Chicken Nuggets

Nutrition Facts	
Serving size	5 pieces (90g)
Calories	270
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 470mg	20%
Total Carbohydrates 15g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein 14g	28%
Vitamin D 0g	0%
Calcium 0g	0%
Iron 0g	0%
Potassium 135mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a human's daily diet. 2,000 calories a day is used for general nutrition advice.	

Consumption of chicken is surpassing that of beef in industrialized countries. In 2011, 9 billion broiler chickens were produced in the United States. Mass production of chicken meat is a global industry, with three breeding companies supplying 90% of the world's broilers.

Prepared chicken has become a staple fast food. Chicken is sometimes cited as being more healthy than red meat, with lower concentration of cholesterol and saturated fat. Chicken nuggets are extremely high in saturated fat.

Understanding and caring for broiler chickens

It is important for a farmer to know the needs of chickens in order to successfully keep chickens healthy, strong, and producing the greatest amount of meat. Chickens need about 3 square feet of land area per chicken in a large enclosure. Chickens are omnivores and enjoy eating a variety of fruits and vegetables like corn but also will eat table scraps and insects as well. Typically broiler chickens are fed a high protein diet in order to help them get to a desirable size. Additionally broiler chickens drink about 1 quart of water a day.



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