

Product Type	chicken
Cuts of chicken	chicken breast Chicken Drumstick chicken gizzard Chicken Hearts Chicken Leg Quarters Chicken Liver chicken MJW Chicken Paw chicken thighs FROZEN Chicken Inner Fillet FROZEN Chicken Neck FROZEN Chicken Wing Tip Frozen Chicken Wings Frozen Whole Chicken
Weight Categories:	Broiler Chicken: Raised for meat; typically 1.5–3 kg (3.3–6.6 lbs). Cornish Hen: Smaller size, ~0.5–1 kg (1.1–2.2 lbs), tender meat. Roaster Chicken: Larger size, 3–4.5 kg (6.6–10 lbs), ideal for roasting.
Nutritional Content	• Calories: ~165 • Protein: ~31 g • Fat: ~3.6 g • Carbohydrates: 0 g