

Nutrient	Whole Chicken, meat and skin, raw amount per 100g			Skink
	Pastured Poultry	Standard Reference	Variance (%)	Pastured Poultry
Calories	177.65	215.00	-17.37	108.74
Calories from Fat	106.29	135.54	-21.58	15.30
Total Fat-gram	11.81	15.06	-21.58	1.70
Saturated fat -g	3.04	4.31	-29.47	0.49
Monounsaturated fat - g	4.34	6.24	-30.45	0.55
Polyunsaturated fat - g	3.82	3.23	18.27	0.58
Omega 3 fatty acids - g	0.36	0.18	100.00	0.06
Omega 6 fatty acids - g	3.40	2.96	14.86	0.49
Ratio Omega 3:Omega 6	9:1	16:1		8:1
Cholesterol -mg	68	75.00	-9.33	50.00
Sodium - mg	47.00	70.00	-32.86	34.00
Total carbohydrate	0.00	0.00	0.00	0.00
Protein -g	17.84	18.60	-4.09	23.36
Vitamin A - IU	210.00	140.00	50.00	0.00
Vitamin C - mg	0.74	1.60	-53.75	1.04
Calcium - mg	7.00	11.00	-36.36	4.00

Source: "Nutritional Analysis of Pastured Poultry Products" by Barb Gorski. APPPA Grit Winter 2000

ess Chicken Breast, raw amount per 100g		Eggs, whole, raw amount per 100g		
Standard Reference	Variance (%)	Pastured Poultry	Standard Reference	Variance (%)
110.00	-1.15	134.46	149.00	-9.76
11.16	37.10	79.74	90.18	-11.58
1.24	37.10	8.86	10.02	-11.58
0.33	48.48	2.69	3.10	-13.23
0.30	83.33	3.44	3.81	-9.71
0.28	107.14	2.29	1.36	68.38
0.03	100.00	0.27	0.07	285.71
0.21	133.33	1.96	1.29	51.94
7:1		7:1	18:1	
58.00	-13.79	280.00	425.00	-34.12
65.00	-47.69	130.00	126.00	3.17
0.00	0.00	1.39	1.22	13.93
23.09	1.17	12.29	12.49	-1.60
21.00	-100.00	110.00	635.00	73.32
1.20	-13.33	0.00	0.00	0.00
11.00	-63.64	47.00	49.00	-4.08