

How Much Chicken Do You Really Need?



A recipe calls for some cooked, deboned chicken.
How much chicken do you need to cook or buy?

Split chicken breasts

The average split chicken breast half weighs
5.25 ounces

=

1 cup
shredded chicken

Boiled chicken breasts

1
boiled chicken breast

=

1 cup
cubed chicken

Rotisserie chickens

The average rotisserie chicken weighs about
2 pounds

1 whole
chicken =

3 cups
deboned
chicken

white meat
only =

2 cups
deboned
chicken

dark meat
only =

1 cup
deboned
chicken

Fryer chickens

A **2 ½ - 3 pound**
fryer chicken

=

2 -3 cups
cubed chicken

