

# Nutrient Profile of Conventional vs Cultivated Chicken

Nutrients	Conventional Chicken Breast, cooked, 3½ oz	Conventional Rotisserie, Chicken Thigh, cooked, 3½ oz	GOOD Meat Cultivated Chicken, 3½ oz
Calories	158	193	180
Protein	32 g	24 g	28 g
Fat	3 g	11 g	6 g
Saturated Fat	1 g	3 g	2 g
Carbohydrate	0 g	0 g	6 g
Fiber	0 g	0 g	2 g
Cholesterol	116 mg	128 mg	120 mg
Sodium	47 mg	335 mg	400 mg

**SOURCE:** CULTIVATED CHICKEN NUTRITION INFORMATION OBTAINED FROM THE GOOD MEAT COMPANY WEBSITE. CONVENTIONAL CHICKEN NUTRITION INFORMATION OBTAINED FROM THE USDA FOODDATA CENTRAL WEBSITE.