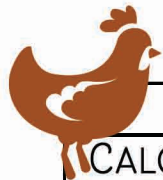


What's the Difference Between Chicken Breasts & Thighs?



	BREASTS	THIGHS
CALORIES	141	152
PROTEIN (GRAMS)	26	21
FAT (GRAMS)	3	7
SATURATED FAT (GRAMS)	1	2
CHOLESTEROL (MG)	73	113

Both are great for:

🔗 GRILL

🔗 OVEN

🔗 SLOW COOKER

🔗 SKILLET

🔗 SOUP

🔗 INSTANT POT

more details at
myfearlesskitchen.com

