

Side-by-Side Fried Chicken Nutritional Fact Comparison: Less Calories from Fat Using Golden Fry Tech Plates

Results **without**
Golden Fry Tech:
70 Calories from Fat

Results **with**
Golden Fry Tech:
50% Less Calories from Fat

Sample name: boneless skinless chicken thighs w/o GFT

Nutrition Facts

Serving Size: 1 piece (50g)
Servings Per Container:

Amount per Serving

Calories 120

Calories From Fat 70

%Daily Values*

Total Fat	8g	13%
Total Carbohydrate	3g	1%
Protein	7g	15%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Sample name: boneless skinless chicken thighs w/ GFT

Nutrition Facts

Serving Size: 1 piece (50g)
Servings Per Container:

Amount per Serving

Calories 90

Calories From Fat 35

%Daily Values*

Total Fat	4g	6%
Total Carbohydrate	7g	2%
Protein	7g	13%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

August 2011 Lab Test Results
Food Quality Lab
Honolulu, HI USA