

HOW MUCH CHICKEN

DO I NEED?



SPLIT BREASTS WITH BONES

uncooked weighs
~ 12 ounces

**cooked = 1 cup
shredded chicken**



BONELESS BREASTS

uncooked weighs
~ 6 ounces

**cooked = 1 cup
diced chicken**

ROTISSERIE CHICKEN

**from a 2 pound
cooked chicken**

3 cups meat bones
removed

2 cups white meat

1 cup dark meat

WHOLE FRYER CHICKENS

**from a 3 pound
uncooked chicken**

2-3 cups
cooked chicken
meat after bones
removed

