

# Find out how much protein in chicken

In our ever changing world, maintaining your health and fitness is no easy task. In particular, when maintaining good health requires a variety of different factors, such as exercise, a balanced diet, and lifestyle improvement, it is not one of these factors alone that can drastically alter your health; rather, it is a combination of all these factors, with diet unquestionably playing the most significant role in determining your health and most of us prefer including chicken in our diet.

You must have read a lot of advice, but even when it comes to healthy eating, a balanced diet can help you stay in the best of health. You may already be aware that a lack of some necessary nutrients can have a lasting negative impact on your health. One such critical nutrient is protein. So let's find out [how much protein in chicken](#).

# How much protein is in chicken?

One of the most popular meats in many people's everyday diets is chicken. Given its richness of protein, chicken is particularly advantageous for those who are serious about their fitness. Read this article to learn **how much protein in chicken**.

You may be able to maintain and gain muscle mass or reduce fat by eating chicken because it contains a lot of protein. The protein content of the chicken's breast, thighs, wings, and legs can all differ, as can the amount of protein. For specific objectives, each component will offer a varied protein, fat, and calorie intake.

# Chicken breast

Chicken breast's protein content One of the most popular chicken parts to eat is the chicken breast. 54 grams of protein are contained in one serving of cooked chicken breast without skin (172 grams). Accordingly, 100 grams of chicken breast provide 31 grams of protein.

One chicken breast additionally has 284 calories, or 165 calories per 100 grams, in it. 20% of those calories are from fat in the chicken breast, and 50% of those calories are from protein.

For people who regularly exercise and desire to lose weight, chicken breast is very beneficial. You should not be concerned about eating too many calories because chicken breast has a high protein & low calorie content. If you are looking for **how much protein in chicken** thighs then read below.

# Chicken thighs

A cooked, boneless, skinless chicken thigh weighing 52 grams has 13.5 grams of protein. In 100 grams of chicken thighs, this equates to 26 grams of protein.

Approximately 109 calories, or 209 calories per 100 grams, are present in each chicken thigh. 53% of those calories are from protein, while 47% are from fat.

In actuality, chicken thighs are a little bit darker than chicken breasts in hue. This is due to the fact that chicken feet are much more active and have higher levels of myoglobin, a protein typically present in animal muscle tissue. The myoglobin molecule aids in supplying the muscles with the oxygen they require to function and makes them redder. Additionally, a lot of individuals think that chicken thighs taste better because of their dark color. Read on to find out **how much protein in chicken legs**.

# Chicken legs

Legs and thighs are the two basic parts of chicken thighs. In particular, chicken calves, sometimes referred to as chicken legs, are typically found in the lower portion of chicken legs. In general, 12.4 grams of protein will be absorbed by the body from 44 grams of skinless, boneless chicken legs.

In terms of **how much protein in chicken**, this equals to 28.3 grams for every 100 grams of chicken legs. Approximately 76 calories, or 172 calories per 100 grams, are present in each chicken leg. Protein makes for 70% of those calories, whereas chicken leg fat accounts for 30% of those calories. The skin of chicken legs is typically eaten as well.