

Mother Clucker Nutritional Guide

OG (No Spice)

Includes:

- 1 No-Spice Tender
- 1 Slice Roma White Bread
- 2 oz Cluck Sauce
- 5–6 Pickle Chips
- Small Bag Lay's Classic Chips

Nutrition:

- **Calories: 920 kcal**
 - **Total Fat: 62g**
 - Saturated Fat: ~17g
 - **Carbohydrates: 71g**
 - **Protein: 32g**
 - **Sodium: ~2,450mg**
 - **Cholesterol: ~105mg**
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Kickin' It Up (Medium Spice)

Includes:

- 1 Medium-Spice Tender
- 1 Slice Roma White Bread
- 2 oz Cluck Sauce
- 5–6 Pickle Chips
- Small Bag Lay's Classic Chips

Nutrition:

- **Calories: 985 kcal**
- **Total Fat: 63.25g**
 - Saturated Fat: ~18g
- **Carbohydrates: 72.5g**
- **Protein: 32g**
- **Sodium: ~2,450mg**
- **Cholesterol: ~105mg**

Quick Breakdown by Item

Item	Calories	Fat	Carbs	Protein	Sodium
1 Jumbo Tender (OG & Kickin' I)	425	28g	29g	25g	1,350mg
Roma Bread (1 slice)	60	0.25g	12.5g	2g	~120mg
Cluck Sauce (2 oz)	190	19g	6g	0g	580mg
Pickles (5–6 chips)	5	0g	1g	0g	400mg
Lay's Chips (small bag)	240	15g	23g	3g	~180mg
