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Boston market rotisserie chicken quarter white

There are 210 calories in Rotisserie Chicken - Quarter White, No Skin from Boston Market. Most of these calories come from protein (77%). is rotisserie chicken - a quarter white, no skin good for you? Vote: Healthy Unhealthy Does Not Contain * UnknownSfaving Information: Boston Market Rotisserie Chicken - Quarter White, No Skin Contains Egg, Fish, Gluten, Milk, Peanuts, Shellfish, Soybeans, Tree Nuts or Wheat.** Please keep in mind that most fast food restaurants cannot guarantee that any product has no allergens because they use shared equipment for preuse of products. Chicken breasts and wing portions with up to 15% water solution, seasoning (salt, sugar, natural fried chicken type of taste [Yeast extract, Maltodextrin, Flavoring (contains canola oil), chicken broth, salt, lactic acid, calcium lactate], Maltodextrin, garlic powder), Carrageenan mixture (Xanthan gum, horsemeat flour, Carrageenan). Our website uses cookies for faster and more individual use of the site. The three types of cookies we use are analytics, performance, and advertising. To view our cookie policy, click here. By closing this banner or clicking on any part of this page, you agree to the use of cookies. Basic information: Rotisserie Chicken - Quarter White Boston Market 1 serving 320.0 calories 1.0 grams carbohydrates 13 grams fat 51.0 grams protein 0 grams fiber 165.0 mg cholesterol 4.0 grams saturated fat 710.0 mg sodium 1.0 grams sugar 0 grams trans fat Report a problem with this food Note: Any items purchased after pressing our Amazon buttons, give us a little referral bonus. If you click on them, thank you! Please note that some foods may not be suitable for some people and you are urged to seek medical advice before making any weight loss efforts or diet regimen. While the information provided on this site is presented in good faith and is considered correct, FatSecret makes no representations or warranties regarding its completeness or accuracy, and all information, including nutritional values, is used by you at your own risk. All trademarks, copyrights and other forms of intellectual property are the property of their respective owners. Founded in 1985, fast-casual rotisserie chicken brand Boston Market operates more than 450 restaurants across the United States. The business operates on a widespread franchise basis. While the company specializes in fried oven chicken, a variety of choices of beef, turkey, side dishes and corn carvings also prove to be affordable for guests. The chain offers portions ranging from plates for individuals to portions suitable for couples, families and even large ones The restaurant, operating as a family-run business, supports a wide range of food options in addition to traditional comfort products. Go to: Health Tips: Nutrition – . Typical food in the Boston market consisting of a quarter of white meat chicken, chicken, potatoes, creamy spinach and corn bread contains about 980 calories, 47 grams of fat and 2,110 milligrams of sodium. Diets – On the contrary, healthy choices available to diet conscious patrons have reduced calorie content, lower sodium levels, and less total fat. Patrons can order a cup of chicken noodle soup and a side of green beans and consume less than 500 calories. Caloria Protein FA Questions (d) Total Carbohydrates (d) Sodium (mg) Sugar (d) Weight Watchers Individual Nutrition Back to Upper Meat Loafer - Big 730 42 38 1640 10 21 Meat Grinder - Regular 480 28 2825 1090 6 14 Confectionery Top Chicken Pot Pie 800 33 60 1280 5 23 Confectionery Top Turkey Pot Pie 820 27 61 1450 5 5 Rostbif Brisket - Large (Great Limited Availability) 400 48 1,990 0 10 Brisket with Sprout – Regular (Limited Availability) 230 28 0 570 0 6 Rotisserie Chicken – Half Chicken 640 84 2 1380 0 6 Rotisserie Chicken – Half Chicken 640 84 2 1380 0 0 16 Rotisserie Chicken - Quarter Dark (1 Hip &Amp; 1 drumstick) 310 33 1,670 0 8 Rotisserie chicken - Quarter white 320 51 1,710 0 8 Rotisserie chicken - a quarter white , Skinless 220 49 1,700 0 5 Rotisserie Chicken - Three Pieces Dark 390 51 1,1270 0 10 Rotisserie Chicken - Three Pieces Dark (2 Thighs &Amp; Drumstick) 540 53 1 1080 0 14 Rotisserie chicken - three pieces dark skinless (2 hips & drumstick) 340 47 1 720 0 9 Rotisserie Chicken – Three pieces Dark skinless (thigh &Amp; 2 drumsticks) 280 41 1,630 0 7 St. Louis Style BBQ Ribs - 1/2 Rack 1180 65 67 3150 2 34 St. Louis Style BBQ Ribs - 1/4 Rack 590 32 33 1580 1 17 Turkey Breasts – Big 280 39 2 990 0 7 Turkey Breasts – Regular 200 28 1,710 0 5 Homestyle Parties Back to Upper Calorie Protein (g) Total Carbohydrates (g) Sodium (mg) Sugars (d) Weight Observers Baked beans 270 11 53 1000 11 9 Caesar side salad 210 4 8 490 0 6 Cinnacinal apples 240 0 55 270 4 8 Cream spinach 260 9 11,530 4 8 Fresh steamed vegetables 80 2 8,160 3 3 Fresh vegetable filling 220 4,428,640 2 7 Garlic dill New potatoes 100 2 20 80 2 3 Garlic lemon spinach 110 4 7 510 3 4 Green beans 90 2 9 200 4 3 Loaded Mashed potatoes 310 9 31 840 3 9 Macaroni and cheese 280 10 33 1050 28 Mashed potatoes 240 5 32,540 3 7 Rice pilaf 190 4 37,680 1 6 Squash casserole (limited availability) 260 10 18,1050 2 8 Sweet corn 120 4 25 55 1 4 Sweet potato casserole 4 50 3 83 220 4 15 Sandwiches back to top calories Protein (g) Total carbohydrates (g) Sodium (mg) Sugar (g) Weight Observers All-white chicken salad 970 29 63 1670 4 28 Meat grinder Carver 910 44 92 2340 10 27 Mediterranean chicken carver 650 40 65 1590 4 19 Pulled BBQ Chicken 620 39 84 1890 4 19 Roast beef Brisket Dip Carver 820 4 58 1590 4 23 Roast turkey Carver 850 39 62 1710 4 24 Chicken carver 750 43 62 1690 4 21 Salad bowls and soups back to top calories Protein (g) Total carbohydrates (g) Sodium (mg) Sugar (g) Weight Watchers Caesar Salad, Entrée 440 34 16 1070 2 13 Chicken Noodle Soup 230 20 22 1300 2 7 Chicken Soup Tortilla (limited (limited 440 23 39 2940 3 14 Mediterranean salad, Entrée 550 39 14 1290 3 16 Southwest Santa Fe salad, Entrée 530 36 30 880 4 15 Desserts back to top calorie protein (g) Total carbohydrates (g) sodium (mg) Sugars (g) Weight Watchers Apple Pie - Slice 430 3 59 460 214 Chocolate Brownie – Single 530 6 74 290 3 17 Chocolate Cake – Slice 580 5 67 360 3 18 Chocolate Biscuits – Single 370 3 50 330 1 12 Pecan Pie - Slice (limited) availability) 640 7 74 340 2 20 Sauces back to the top Calories protein (g) Total carbohydrates (g) Sodium (g) Sugar (d) Weight Watchers Au Jus 20 0 4 730 0 1 Beef Gravy 10 0 2 130 10 0 Cranberry Nut Taste 140 1 30 0 2 5 Honey Habanero (medium hot) 70 0 17 200 0 2 Poultry 10 0 2 85 0 0 Sweet Thai garlic chili (medium hot) 60 0 13 210 1 2 Zesty BBQ (soft) 40 0 11 240 0 2 Children entrees back to upper calorie protein (d) Total carbohydrates (d) sodium (g) Sugar (g) Weight Watchers Dark chicken (Children) – 1 Thigh &Amp; 1 Drumstick 310 33 1,670 0 8 Macaroni and cheese (Children)330 12 38 1220 2 10 Meat loin (Children) 240 14 13 550 3 7 Brisket with rostibif 140 17 0 350 0 4 Turkey (Children) 100 14 1 350 0 3 White chicken (children) – 1 Breast &Amp; 1 wing 320 51 1,780 0 8 Kids side back to top calorie protein (g) Total carbohydrates (d) sodium (g) Sugars (d) Weight Watchers Caesar side salad 210 4 8 490 0 6 Chicken noodle soup, Children's side 50 4 5 270 0 1 Chicken tortilla soup, Children's side (limited availability) 60 3 5 410 0 2 Cinnamon Apples , Children's side 150 0 33 160 2 5 Corn , Children's side 60 2 14 30 1 2 Cremated spinach, Baby side 140 5 6 280 2 4 Garlic Creep New potatoes, Children's side 60 1 12 45 1 2 Garlic spinach, Children's side 70 3 4 330 2 2 2 Green beans, Children's side 45 1 5 125 2 1 Loaded mashed potatoes , Children's side 170 5 17 450 2 5 Macaroni and cheese , Children's side 170 7 20 670 1 5 Mashed potatoes, Baby side 140 3 18 310 2 4 Rice pilaf, Children's side 90 2 17 320 0 3 Squash casserole, Children's side (limited availability) 140 5 10 550 1 4 Steamed vegetables, Children's side 40 1 4 80 2 1 Filling , Children's side 120 2 15 340 1 4 Sweet potato casserole , Children's Side 250 2 45 120 2 8 Turkey Tortilla Soup, Children's Side (Limited Availability) 60 3 5 420 0 2 Turkey Tortilla Soup, No Topping (Limited Availability) 260 13 23 2830 3 8 Go top

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