

fried chicken nutrition facts

fried chicken nutrition facts provide essential insights into the caloric content, macronutrients, vitamins, and minerals present in this popular dish. Fried chicken is a beloved food choice worldwide, known for its crispy exterior and juicy interior. However, understanding its nutritional profile is crucial for making informed dietary decisions, whether for health maintenance or weight management. This article delves into the detailed nutritional composition of fried chicken, including calories, protein, fats, carbohydrates, and sodium levels. Additionally, it explores the effects of different cooking methods, the impact of breading and frying oils, and considerations for healthier alternatives. Readers will gain a comprehensive overview of fried chicken nutrition facts, empowering them to balance enjoyment with nutritional awareness.

- Caloric and Macronutrient Breakdown of Fried Chicken
- Vitamins and Minerals in Fried Chicken
- Impact of Cooking Methods on Nutritional Content
- Health Considerations and Dietary Tips
- Comparing Fried Chicken to Other Chicken Preparations

Caloric and Macronutrient Breakdown of Fried Chicken

The caloric and macronutrient content of fried chicken varies depending on factors such as portion size, coating thickness, and frying medium. Generally, fried chicken is energy-dense due to the absorption of oil during frying and the presence of breading.

Calories

A typical serving of fried chicken (one medium piece, approximately 100 grams) contains roughly 250 to 300 calories. The calorie count can increase significantly with larger portions or additional breading. The frying process adds more calories compared to grilled or baked chicken because of oil absorption.

Proteins

Fried chicken provides a substantial amount of high-quality protein, essential for muscle repair and overall bodily functions. A 100-gram piece offers around 20 to 25 grams of protein, making it a significant protein source in many diets.

Fats

Fats constitute a major portion of the caloric content in fried chicken. The fat content ranges from 15 to 20 grams per 100 grams serving, influenced by the type of oil used and breading thickness. These fats include both saturated and unsaturated types, with some trans fats potentially present depending on frying oil and temperature.

Carbohydrates

Carbohydrates in fried chicken primarily stem from the breading or batter coating. Typically, a 100-gram serving contains 8 to 12 grams of carbohydrates. These carbs are mostly simple or refined, contributing to the overall calorie count without significant fiber content.

Typical Nutritional Profile Summary

- Calories: 250-300 kcal per 100 grams
- Protein: 20-25 grams
- Fat: 15-20 grams
- Carbohydrates: 8-12 grams
- Sodium: Varies widely, often high due to seasoning

Vitamins and Minerals in Fried Chicken

Beyond macronutrients, fried chicken contains various vitamins and minerals essential for health. The presence and concentration of these micronutrients depend on the chicken cut and preparation method.

Key Vitamins

Fried chicken is a good source of B vitamins, including niacin (B3), vitamin B6, and vitamin B12. These vitamins play vital roles in energy metabolism, brain function, and red blood cell formation. However, water-soluble vitamins can diminish slightly during frying due to heat exposure.

Important Minerals

Minerals such as phosphorus, selenium, and zinc are abundant in fried chicken. Phosphorus

supports bone health, selenium acts as an antioxidant, and zinc contributes to immune function. Additionally, fried chicken contains small amounts of iron and potassium.

Sodium Content

A significant nutritional concern with fried chicken is its sodium content. Seasonings, marinades, and breading often add high levels of salt, which can exceed recommended daily intake if consumed in excess. High sodium intake is linked with increased blood pressure and cardiovascular risk.

Impact of Cooking Methods on Nutritional Content

The method of preparation greatly influences the nutritional profile of fried chicken. Different cooking techniques alter fat absorption, calorie content, and nutrient retention.

Deep Frying vs. Pan Frying

Deep frying generally results in higher fat content as the chicken is fully submerged in hot oil, leading to greater oil absorption. Pan frying uses less oil, which may reduce fat and calorie content but can also affect texture and flavor.

Oil Type and Temperature

The choice of frying oil affects the fatty acid profile of the final product. Oils high in unsaturated fats, such as canola or sunflower oil, are preferable over saturated fats like palm oil. Maintaining appropriate frying temperatures (around 350°F) minimizes oil breakdown and the formation of harmful compounds.

Breading and Batter Influence

The breading or batter adds carbohydrates and calories to fried chicken. Thicker coatings absorb more oil and increase total fat and calorie content. Using whole-grain or lighter breading alternatives can improve nutritional value.

Health Considerations and Dietary Tips

While fried chicken can be part of a balanced diet, its nutritional characteristics necessitate mindful consumption to avoid adverse health effects.

Moderation and Portion Control

Due to its high calorie, fat, and sodium content, fried chicken should be eaten in moderation. Controlling portion size helps manage caloric intake and reduces the risk of weight gain or hypertension.

Healthier Preparation Alternatives

Opting for oven-baked or air-fried chicken can significantly reduce fat content while preserving flavor and texture. Using skinless chicken cuts and minimal breading further lowers calories and saturated fat.

Balancing with Nutrient-Dense Sides

Pairing fried chicken with vegetables, salads, or whole grains enhances the meal's overall nutritional profile. This approach increases dietary fiber, vitamins, and minerals, offsetting some negative aspects of fried foods.

Comparing Fried Chicken to Other Chicken Preparations

Understanding how fried chicken compares to other cooking methods highlights its nutritional implications and guides healthier choices.

Grilled Chicken

Grilled chicken typically contains fewer calories and less fat since it is cooked without breading or added oils. It retains high protein levels and is often recommended for weight-conscious individuals.

Baked Chicken

Baked chicken offers a middle ground, with moderate fat and calorie content depending on seasoning and skin use. It preserves moisture and nutrients without the added oils from frying.

Boiled or Steamed Chicken

These methods produce lean chicken with minimal added fat. However, they may lack the flavor and texture that fried chicken provides, which can affect dietary satisfaction and adherence.

Frequently Asked Questions

How many calories are in a typical serving of fried chicken?

A typical serving of fried chicken (about 100 grams) contains approximately 260-300 calories, depending on the cooking method and breading used.

Is fried chicken high in fat?

Yes, fried chicken is relatively high in fat due to the frying process, which adds oil and increases the overall fat content, often ranging from 15 to 20 grams of fat per serving.

Does fried chicken contain a lot of protein?

Fried chicken is a good source of protein, providing around 20-25 grams of protein per 100-gram serving, which supports muscle repair and growth.

How much sodium is typically found in fried chicken?

Fried chicken can be high in sodium, with amounts varying from 400 to 700 milligrams per serving, depending on seasoning and batter used.

Are there any vitamins and minerals in fried chicken?

Fried chicken contains essential vitamins and minerals such as vitamin B6, niacin, phosphorus, and selenium, which contribute to energy metabolism and immune function.

Is fried chicken a healthy option for weight management?

Fried chicken is generally not considered ideal for weight management due to its high calorie, fat, and sodium content; opting for grilled or baked chicken is a healthier alternative.

Additional Resources

1. *The Crispy Truth: Nutritional Insights into Fried Chicken*

This book delves into the nutritional composition of fried chicken, exploring calories, fat content, and protein levels. It provides a balanced view of the health benefits and potential risks associated with consuming fried chicken. Readers will find detailed comparisons between different cooking methods and their impact on nutritional value.

2. *Fried Chicken and Health: Myths vs. Facts*

Addressing common misconceptions, this book separates myths from facts about fried chicken's nutritional profile. It covers topics such as cholesterol, sodium, and the effects of

frying oils on heart health. The author also offers practical advice for enjoying fried chicken without compromising diet goals.

3. *From Crunch to Calories: Understanding Fried Chicken Nutrition*

This comprehensive guide breaks down the calorie and nutrient content of various fried chicken recipes. It includes analyses of batter types, frying techniques, and portion sizes. The book is ideal for those who want to make informed choices while indulging in their favorite comfort food.

4. *The Science of Fried Chicken: Nutrition and Cooking Techniques*

Combining culinary science with nutrition, this book explains how different frying methods affect the healthiness of fried chicken. It discusses oil absorption, temperature control, and ingredient selection to optimize taste and nutrition. Readers will learn how to prepare fried chicken that is both delicious and healthier.

5. *Healthy Fried Chicken: Nutrition Facts and Smart Alternatives*

Offering healthier twists on traditional fried chicken, this book explores alternative coatings, oils, and cooking methods. It provides detailed nutritional data for each recipe, helping readers reduce fat and calorie intake. The author emphasizes maintaining flavor while improving the nutritional profile.

6. *Fried Chicken Nutrition Guide: What You Need to Know*

This guide serves as a quick reference for anyone curious about the nutrition facts of popular fried chicken dishes. It includes charts and tables comparing homemade and fast-food options. The book also suggests ways to balance fried chicken meals with nutritious sides.

7. *The Nutritional Impact of Fried Chicken on Your Diet*

Focusing on the role of fried chicken in a balanced diet, this book discusses portion control and frequency of consumption. It highlights the importance of moderation and offers tips for pairing fried chicken with nutrient-rich foods. The book is designed for readers aiming to enjoy fried chicken without sacrificing health.

8. *Fried Chicken: A Nutritional Perspective on a Southern Favorite*

Exploring the cultural significance and nutritional aspects of fried chicken, this book combines history with health science. It examines regional variations and their effects on calorie and fat content. The author also provides practical advice for making traditional recipes healthier.

9. *Decoding Fried Chicken Nutrition Labels*

This book teaches readers how to interpret nutrition labels on fried chicken products, from grocery store items to fast-food offerings. It explains common ingredients and additives that impact health. The guide empowers consumers to make smarter, more informed food choices related to fried chicken.

[Fried Chicken Nutrition Facts](#)

Find other PDF articles:

fried chicken nutrition facts: The NutriBase Nutrition Facts Desk Reference , 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

fried chicken nutrition facts: How to Eat Fried Chicken, and Be Thin Too Brandi Sentz, Kelli Glass, 2009-04 How to Eat Fried Chicken and Be Thin Too is a book dedicated to our Appalachian heritage. We have modified our family recipes to be healthier while maintaining the great taste that we grew up with as children. Although this book is geared toward the Appalachian culture, we have provided the necessary tools for people from all regions to make healthy lifestyle changes and improve overall health. This book will change the way you think about the saying (TM)eat less and move more.f By using our simple, common sense approach, you will lose weight, prevent or control chronic disease and, most importantly, improve your quality of life. Author Bio: Brandi Sentz and Kellie Glass are both Registered Dietitians who have owned their company, NutriSense Nutrition Consulting, LLC, since 2003. Sentz resides in South Point, Ohio and Glass in Ashland, Kentucky.

fried chicken nutrition facts: The Complete Guide to Healthy Cooking and Nutrition for College Students J. Lucy Boyd, 2010 College students face a number of stigmas when they first leave home and start living on their own. This book provides college students just learning to cook for themselves with viable, affordable alternatives to pizza and ramen. It helps college students learn the basics of what they need to be focusing on in their diets after leaving home.

fried chicken nutrition facts: The NutriBase Nutrition Facts Desk Reference Art Ulene, 1995 With over 40,000 entries, this book presents information for a wide range of foods.

fried chicken nutrition facts: Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), 1975 Supplements 3-8 include bibliography and indexes / subject, personal author, corporate author, title, and media index.

fried chicken nutrition facts: Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975 National Agricultural Library (U.S.), 1975

fried chicken nutrition facts: Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975 Food and Nutrition Information and Educational Materials Center (U.S.), 1975

fried chicken nutrition facts: Men's Health , 2008-10 Men's Health magazine contains daily tips and articles on fitness, nutrition, relationships, sex, career and lifestyle.

fried chicken nutrition facts: Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976

fried chicken nutrition facts: Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center , 1975

fried chicken nutrition facts: DEVELOPMENT OF FAST-FOOD INDUSTRIES AND ATTITUDE OF CUSTOMERS TOWARDS FAST-FOOD CULTURE Dr P. DEIVANAI,

fried chicken nutrition facts: *Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information Center (U.S.), 1977

fried chicken nutrition facts: *The Every-Other-Day Diet* Krista Varady, 2025-05-01 The Every-Other-Day Diet is the perfect diet for me. That's the satisfied declaration of a dieter who lost 41 pounds on the Every-Other-Day Diet. (And kept it off!) You too can expect dramatic results with this revolutionary approach to weight loss that is incredibly simple, easy, and effective. Created by Dr. Krista Varady, an associate professor of nutrition at the University of Illinois, the Every-Other-Day Diet will change the way you think of dieting forever. Among its many benefits: It's

science-tested, science-proven. Dr. Varady has conducted many scientific studies on the Every-Other-Day Diet, involving hundreds of people, with consistently positive results published in top medical journals such as the American Journal of Clinical Nutrition and Obesity. Unlike most other diets, the Every-Other-Day Diet is proven to work. It's remarkably simple-and effective. On Diet Day, you limit calories. On Feast Day, you eat anything you want and as much as you want. You alternate Diet Day and Feast Day. And you lose weight, steadily and reliably. There's no constant deprivation. The Every-Other-Day Diet doesn't involve day after day of dietary deprivation--because you can still indulge every-other day. It's easy to keep the weight off. With other diets, you lose weight only to regain it, the frustrating fate of most dieters. But The Every-Other-Day Diet includes the Every-Other-Day Success Plan--an approach to weight maintenance proven to work in a study sponsored by the National Institutes of Health. This book offers all of the research, strategies, tips, and tools you need to believe in the Every-Other-Day Diet and easily implement it in your life. It also includes more than 80 quick and delicious recipes for Diet Day, as well as a list of tasty prepared foods that make meals as easy as 1-2-3. The Every-Other-Day Diet is perfect for anyone who wants to shed pounds and feel great, without hunger and defeat.

fried chicken nutrition facts: The Omnivore's Dilemma Michael Pollan, 2006-04-11
Outstanding . . . a wide-ranging invitation to think through the moral ramifications of our eating habits. —The New Yorker One of the New York Times Book Review's Ten Best Books of the Year and Winner of the James Beard Award Author of This is Your Mind on Plants, How to Change Your Mind and the #1 New York Times Bestseller In Defense of Food and Food Rules What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with The Omnivore's Dilemma, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, The Omnivore's Dilemma continues to transform the way Americans think about the politics, perils, and pleasures of eating.

fried chicken nutrition facts: Nutrition and Diet Therapy: Self-Instructional Approaches
Peggy S. Stanfield, 2009-05-06 .

fried chicken nutrition facts: The Dental Hygienist's Guide to Nutritional Care E-Book
Lisa F. Mallonee, Linda Boyd, Cynthia A. Stegeman, 2024-07-19 **Selected for 2025 Doody's Core Titles® in Dental Hygiene & Auxiliaries**Learn how to apply nutritional principles to promote optimal patient care! The Dental Hygienist's Guide to Nutritional Care, 6th Edition, explains how teaching proper nutrition can improve oral and systemic health. Case studies and clear, full-color photos and illustrations provide a basis for assessing, diagnosing, planning, implementing, and evaluating the care of patients. In addition, a solid foundation in nutrition prepares you for the subject's increased emphasis on the NBDHE examination. - NEW! Incorporation of the latest federal nutrition standards and initiatives includes Healthy People 2030 and the 2020 Dietary Guidelines for Americans. - Clinically relevant applications to dental hygiene include a focus on patient education and dental hygiene considerations. - Vitamin and mineral content is presented based on the oral effects of micronutrients. - Case studies and Health Applications in each chapter demonstrate how nutrition concepts can be applied to specific patient situations. - Robust practice opportunities allow you to test your comprehension and apply what you've learned. - Key terms are highlighted in each chapter and defined in the glossary.

fried chicken nutrition facts: *Cooking for Two* Jan Miller, 2002 At head of title: Better homes and gardens.

fried chicken nutrition facts: Nutrition Lori A. Smolin, Mary B. Grosvenor, 2019-01-14
Nutrition: Science and Applications, 4th Edition helps students develop the scientific understanding to support their personal and professional decisions. Using a critical thinking approach, Smolin

brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns – both as consumers and as future scientists and health professionals.

fried chicken nutrition facts: Dietitian's Pocket Guide to Nutrition Nancie Harvey Herbold, Sari Edelstein, 2010 Portable and concise, the Dietitian's Pocket Guide to Nutrition serves as an easy reference for dietitians and other health care professionals who quickly need to access the recommended nutrition care for various medical conditions and problems. Serving as a key healthcare, the dietitian will be able to answer patients' questions concerning their specific nutritional needs and make informed decisions about foods a patient may or may not consume. The Dietitian's Pocket Guide to Nutrition allows easy access to essential nutrition information that is critical to patient care.

fried chicken nutrition facts: Fifty Shades of Gravy A Christian gets Saucy! Hallee Bridgeman, Hallee the Homemaker™, 2013-02-07 Fifty Shades of Gravy a Christian Gets Saucy! is a cookbook wrapped in a parody surrounded by a comedy with a tongue firmly inserted into a cheek – but the recipes are deadly serious and may leave readers licking the gravy boat. Hallee Bridgeman, A.K.A. Hallee the Homemaker rides the gravy train to triumph and hilarity with her premiere cookbook, revealing the secrets of the penultimate comfort food – gravy. Fifty Shades of Gravy a Christian Gets Saucy! is a cookbook wrapped in a parody surrounded by a comedy with a tongue firmly inserted into a cheek – but the recipes are deadly serious and may leave readers licking the gravy boat. Her famous whole food, real food recipes bathe in luxuriant liquid comfort with recipes that are sure to captivate and enslave any audience. Hallee starts with stocks and broths and then explores every shade of gravy you can whip up. Some recipes are entire meals and some are simple sauces while still others are gravies served alongside a traditional holiday feast. There are meaty gravies, comfort food gravies, vegan gravies, gluten-free gravies, and even chocolate gravies! For any gravy question you were too ashamed to ask, this saucy Christian shares the answer

Related to fried chicken nutrition facts

FriEdOnline - Online PD That Fits Your Life, Fuels Your Growth, and At friEdOnline, our mission is to ignite joy and inspiration in institutions by empowering educators through flexible, self-paced online professional development that builds the skills and

No-kill cat shelter | Fried's Cat Shelter | Michigan City, IN Many people know that Hans and Lucille Fried came to America as refugees from Nazi Germany, but few know their secret weapon: a cat shelter! In 1977, they founded Fried's Cat Shelter,

FRIED Definition & Meaning - Merriam-Webster The meaning of FRIED is cooked in hot oil or butter : cooked by frying. How to use fried in a sentence

TOP 10 BEST Fried Food in St. Clair Shores, MI - Yelp Top 10 Best Fried Food in St. Clair Shores, MI - July 2025 - Yelp - Blue Goose, Mike's On the Water, Krispy Krunchy Chicken, Pop Chicken, Johnny Black's Lake House, Basha's Chicken,

27 Places to Eat Great Fried Chicken in Philly Fried chicken is everywhere in Philadelphia. Here are our favorite spots for some of the most seriously crunchy birds in the whole city

Hart's Fried Chicken We are a family-owned restaurant renowned for our flavorful fried chicken and Southern-inspired meals. You can't go wrong with any item on our extensive menu to satisfy your hunger cravings!

KFC® at 28155 Harper Avenue in Saint Clair Shores, MI | KFC® From our crispy fried chicken to our savory side dishes, KFC is here to meet your fried chicken needs all day long. Our Saint Clair Shores location also offers online ordering for pick up or

Charles Pan-Fried Chicken Meet Charles Gabriel. The James Beard nominated chef and Harlem icon has been serving his famous pan-fried chicken and fixins' in New York since 1990. Our Story

Max Fried - New York Yankees Starting Pitcher - ESPN View the profile of New York Yankees Starting Pitcher Max Fried on ESPN. Get the latest news, live stats and game highlights

US Fried Chicken | Best Fried chicken restaurant in Charlotte, NC US Fried Chicken is your go-to spot for juicy wings and scratch-made specials. Enjoy top-quality meals at great prices across

our 3 locations—University, Albemarle, and Sugar Creek. Order

FriEdOnline - Online PD That Fits Your Life, Fuels Your Growth, and At friEdOnline, our mission is to ignite joy and inspiration in institutions by empowering educators through flexible, self-paced online professional development that builds the skills and

No-kill cat shelter | Fried's Cat Shelter | Michigan City, IN Many people know that Hans and Lucille Fried came to America as refugees from Nazi Germany, but few know their secret weapon: a cat shelter! In 1977, they founded Fried's Cat Shelter,

FRIED Definition & Meaning - Merriam-Webster The meaning of FRIED is cooked in hot oil or butter : cooked by frying. How to use fried in a sentence

TOP 10 BEST Fried Food in St. Clair Shores, MI - Yelp Top 10 Best Fried Food in St. Clair Shores, MI - July 2025 - Yelp - Blue Goose, Mike's On the Water, Krispy Krunchy Chicken, Pop Chicken, Johnny Black's Lake House, Basha's Chicken,

27 Places to Eat Great Fried Chicken in Philly Fried chicken is everywhere in Philadelphia. Here are our favorite spots for some of the most seriously crunchy birds in the whole city

Hart's Fried Chicken We are a family-owned restaurant renowned for our flavorful fried chicken and Southern-inspired meals. You can't go wrong with any item on our extensive menu to satisfy your hunger cravings!

KFC® at 28155 Harper Avenue in Saint Clair Shores, MI | KFC® From our crispy fried chicken to our savory side dishes, KFC is here to meet your fried chicken needs all day long. Our Saint Clair Shores location also offers online ordering for pick up or

Charles Pan-Fried Chicken Meet Charles Gabriel. The James Beard nominated chef and Harlem icon has been serving his famous pan-fried chicken and fixins' in New York since 1990. Our Story

Max Fried - New York Yankees Starting Pitcher - ESPN View the profile of New York Yankees Starting Pitcher Max Fried on ESPN. Get the latest news, live stats and game highlights

US Fried Chicken | Best Fried chicken restaurant in Charlotte, NC US Fried Chicken is your go-to spot for juicy wings and scratch-made specials. Enjoy top-quality meals at great prices across our 3 locations—University, Albemarle, and Sugar Creek. Order

FriEdOnline - Online PD That Fits Your Life, Fuels Your Growth, and At friEdOnline, our mission is to ignite joy and inspiration in institutions by empowering educators through flexible, self-paced online professional development that builds the skills and

No-kill cat shelter | Fried's Cat Shelter | Michigan City, IN Many people know that Hans and Lucille Fried came to America as refugees from Nazi Germany, but few know their secret weapon: a cat shelter! In 1977, they founded Fried's Cat Shelter,

FRIED Definition & Meaning - Merriam-Webster The meaning of FRIED is cooked in hot oil or butter : cooked by frying. How to use fried in a sentence

TOP 10 BEST Fried Food in St. Clair Shores, MI - Yelp Top 10 Best Fried Food in St. Clair Shores, MI - July 2025 - Yelp - Blue Goose, Mike's On the Water, Krispy Krunchy Chicken, Pop Chicken, Johnny Black's Lake House, Basha's Chicken,

27 Places to Eat Great Fried Chicken in Philly Fried chicken is everywhere in Philadelphia. Here are our favorite spots for some of the most seriously crunchy birds in the whole city

Hart's Fried Chicken We are a family-owned restaurant renowned for our flavorful fried chicken and Southern-inspired meals. You can't go wrong with any item on our extensive menu to satisfy your hunger cravings!

KFC® at 28155 Harper Avenue in Saint Clair Shores, MI | KFC® From our crispy fried chicken to our savory side dishes, KFC is here to meet your fried chicken needs all day long. Our Saint Clair Shores location also offers online ordering for pick up or

Charles Pan-Fried Chicken Meet Charles Gabriel. The James Beard nominated chef and Harlem icon has been serving his famous pan-fried chicken and fixins' in New York since 1990. Our Story

Max Fried - New York Yankees Starting Pitcher - ESPN View the profile of New York Yankees Starting Pitcher Max Fried on ESPN. Get the latest news, live stats and game highlights

US Fried Chicken | Best Fried chicken restaurant in Charlotte, NC US Fried Chicken is your

go-to spot for juicy wings and scratch-made specials. Enjoy top-quality meals at great prices across our 3 locations—University, Albemarle, and Sugar Creek. Order

Back to Home: <https://staging.devenscommunity.com>