



roaster dressed weight - 5# [10]
roaster meat yield - 78% [11]

148,500 cal
8360 g fat
11286 g protein

Birdie stands about 4 feet tall. So Birdie's carcass weight, plucked and dressed, can be estimated at about 13.5lbs, but despite having the meat of 27 birds, she only has the skin of 9. Sorry, extra crispy lovers.

One complication here is that skin scales with the square of the size of the bird, and that's where a lot of the fat is. So I'm going to reduce the overall fat content.

It is surprisingly hard to find the average standing height of a living Plymouth Rock chicken, a standard roaster breed. But various chicken height charts imply that 16" is a reasonable guess. And a roaster chicken gives about a 78% yield in terms of meat.

Birdie The Early Bird

I mean, she's just a chicken. This one is googleable without even getting on a list.

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All Cops Are Burgers

340630cal + 17434 g fat + 317g transfat



Headburgers = 317
[6.8181~3]

BIG MAC DIAMETER =
4.4 INCHES [9]

Ibid, except Big Mac [8]

Officer Big Mac

MacDonaldLand Nutrition
Information
Serving Size: One Mascot

A Scholarly Zine About Eating Grimace
(With Physics)

Ronald McDonald and Friends
Specification Manual

