It doesn’t matter if you’re looking at a big brand of breaded chicken patties like Tyson or Perdue—or at (chicken-less) Boca Chik’n or MorningStar Farms Chik patties. Either way, you can expect 400 to 600 milligrams of sodium in each 2.5 to 3 oz. patty. Good luck staying under the recommended max (1,500 mg a day).

That is, unless you pick up frozen Bell & Evans Breaded or Applegate Naturals Chicken Patties. Each Bell & Evans patty (4 oz. uncooked) has just 300 mg of sodium. Applegate’s 3 oz. patties (they come cooked) get by with just 210 mg. Bland? No way. You’d never know they had roughly half the sodium of the big brands.

Both Bell & Evans and Applegate come out moist on the inside and crispy on the outside. Just pop them in the oven for 20 to 30 minutes (you can microwave Applegate’s for 1½ minutes) and serve. Delish.

Bonus: neither brand uses chickens that have been raised using antibiotics. Bell & Evans’ suppliers let their chickens roam free. Applegate’s birds are raised on “sustainable family farms in a stress-free environment that promotes natural behavior and socialization.”

You could cut the sodium even further by cooking your own fresh chicken and coating it with unsalted breading. But some days, that’s two steps too many. With Bell & Evans or Applegate, just throw a few in the oven, grab some whole-grain buns, make a hefty salad, and set the table.


Bell & Evans: (717) 865-6626
Applegate: (866) 587-5858