Trivia question: Are chicken wings white or dark meat?

If you go to KFC and order dark meat, you'll get parts of the leg and wing. But is the wing actually considered dark meat? In reality, chicken wings, like the breast, are white meat.

The difference between white and dark meat is attributed to the amount of myoglobin in the muscles. Myoglobin is stored in muscles that get exercise, because they need more oxygen. The more exercise a muscle gets, the higher the concentration of myoglobin.

The modern domesticated chicken is basically flightless. As a result, the breast and wings get very little if any activity. With the reduced activity they have reduced levels of myoglobin resulting in 'white' meat.

In flying fowl such as the duck, the breast and wing muscles get much more exercise and is why ducks are basically all dark meat.

Why do white and dark meat taste different? White chicken meat is leaner, has more protein and less fat content than dark chicken meat. The higher fat content of dark chicken meat gives it more flavor.

American consumers have a preference for white chicken meat, which is often considered to be the healthier alternative of the two.

Whether you should buy white meat or dark meat is entirely a matter of taste—both types of chicken meat can be cooked in the same ways. Since many people prefer white meat over dark meat, dark meat is quite a bit less expensive than white meat.