



## CHICKEN, LEG QUARTERS, BULK, FROZEN

Date: August 2010

Code: A486

### PRODUCT DESCRIPTION

- U.S. Grade B or better bulk frozen bone-in chicken leg quarters with skin.

### PACK/YIELD

- Chicken is packed in a 15 kg (33 lb) bag which yields about 48 to 54 servings of cooked chicken (about 3 ounces each).

### STORAGE

- Keep frozen at 0 degrees F until ready to use. Temperature changes shorten shelf life and speed deterioration.
- After cooking, remove meat from bones and store leftover chicken in a covered container that is not made from metal in the refrigerator. Use within 2 days.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Chicken may be baked or broiled. Frying is not suggested since it adds fat and calories.
- Cooked chicken may be used in many different ways such as in sandwiches, soups, salads, casseroles, and a variety of ethnic dishes.

### NUTRITION INFORMATION

- 1 ounce of cooked chicken counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ounces. A serving of meat is about 3 ounces.
- Chicken provides protein and minerals and should be served without the skin to reduce fat and cholesterol.

### FOOD SAFETY INFORMATION

- Do not thaw chicken at room temperature.
- Only thaw the amount of chicken you plan to use.
- Do not refreeze chicken after thawing.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 3 ounces (147g) roasted chicken, bone and skin removed

#### Amount Per Serving

**Calories 290**    **Calories from Fat 117**

		% Daily Value*	
<b>Total Fat</b>	13g		<b>20%</b>
Saturated Fat	3.5g		<b>18%</b>
<i>Trans</i> Fat	0g		
<b>Cholesterol</b>	138mg		<b>46%</b>
<b>Sodium</b>	132mg		<b>5%</b>
<b>Total Carbohydrate</b>	g		<b>0%</b>
Dietary Fiber	g		<b>0%</b>
Sugars	0g		
<b>Protein</b>	39g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	11%

\*Percent Daily Values are based on a 2,000 calorie diet.