



CHICKEN, LEG QUARTERS, FROZEN

Date: July 2010

Code: A492

PRODUCT DESCRIPTION

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

PACK/YIELD

- Chicken is packed in a 10 lb bag which yields about 16 to 18 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
- 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*	
Total Fat	13g		20%
Saturated Fat	3.5g		18%
<i>Trans</i> Fat	0g		
Cholesterol	138mg		46%
Sodium	132mg		5%
Total Carbohydrate	g		0%
Dietary Fiber	g		0%
Sugars	0g		
Protein	39g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	11%

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