

A507 – CHICKEN, BONED, FULLY COOKED, CANNED, 50 OZ



Nutrition Information

Chicken, canned, meat only

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Canned boned chicken, fully cooked, not less than 89% chicken; not more than 10% chicken broth; 0.5% salt added. May occasionally contain small bones. Average fat content is 9.5%.
PACK/YIELD	<ul style="list-style-type: none"> 12/50 oz cans per case. Each 50 oz can AP yields about 46.5 oz heated drained chicken meat and skin and provides about 46.5 1-oz servings heated drained chicken meat and skin. One lb AP yields about 14.7 1-oz servings heated drained chicken meat and skin. CN Crediting: 1 oz canned heated, drained chicken meat and skin provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store unopened canned chicken in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned chicken covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	with broth 1 oz (28 g)	no broth 1 oz (28 g)
Calories	47	52
Protein	6.17 g	7.17 g
Carbohydrate	0 g	0.23 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.25 g	2.30 g
Saturated Fat	0.62 g	0.64 g
<i>Trans</i> Fat	N/A	N/A
Cholesterol	18 mg	14 mg
Iron	0.45 mg	0.37 mg
Calcium	4 mg	4 mg
Sodium	143 mg	38 mg
Magnesium	3 mg	5 mg
Potassium	39 mg	43 mg
Vitamin A	32 IU	50 IU
Vitamin A	10 RAE	15 RAE
Vitamin C	0.6 mg	0 mg
Vitamin E	0.07 mg	0.09 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-07-07)

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Place canned chicken in refrigerator overnight. Chill only as many cans as will be needed for 1 day's use. Chilling meat in container will permit easier removal of fat from meat. Using a can opener, cut and remove both the bottom and top lids of the can and push the chicken through with the bottom lid. The chicken is best cut across the grain and handled as little as possible to prevent it from becoming stringy. Drain liquid into a separate container for use in recipe or discard if not needed. Use the broth from the chicken for part of the liquid in many main dish and soup recipes.
USES AND TIPS	<ul style="list-style-type: none"> • Use canned boned chicken in main dishes, such as chicken salad, barbecue chicken, and creamed chicken, or in chicken noodle soup.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook chicken products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food. The pink color in safely cooked chicken is due to the hemoglobin in tissues which can form a heat-stable color. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.