

A509 – CHICKEN, LEG QUARTERS, RAW, FROZEN, 40 LB



Nutrition Information

Chicken, one leg, bone removed, meat and skin, cooked, roasted

	1 oz (28 g)	1 leg (114 g)
Calories	66	264
Protein	7.36 g	29.59 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	3.82 g	15.34 g
Saturated Fat	1.06 g	4.24 g
<i>Trans</i> Fat	N/A	N/A
Cholesterol	26 mg	105 mg
Iron	0.38 mg	1.52 mg
Calcium	3 mg	14 mg
Sodium	25 mg	99 mg
Magnesium	7 mg	26 mg
Potassium	64 mg	256 mg
Vitamin A	38 IU	154 IU
Vitamin A	12 RAE	47 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.08 mg	0.31 mg

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better ready-to-cook bone-in chicken leg quarters with skin that must weigh between 9.0 and 13.0 oz each or produced from ready-to-cook whole broilers/fryers which weigh 2.50 to 3.75 lb packaged without necks and giblets.
PACK/YIELD	<ul style="list-style-type: none"> 40 lb case. 40 lb AP yields about 16.8 lb cooked boned chicken meat with skin and provides about 58.1 1-chicken leg quarter servings. One lb AP yields about 0.42 lb cooked boned chicken meat and skin and provides 1.45 1-chicken leg quarter servings OR about 6.72 1-oz servings cooked poultry meat and skin. CN Crediting: 1 chicken leg quarter with skin provides 3.7 oz-equivalent meat/meat alternate OR 1 oz cooked chicken (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store frozen chicken products in original shipping container off the floor at 0 °F or below. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • TO THAW: Thaw only the amount needed for 1 day's use. Avoid leftovers. Thaw in refrigerator (35-40 °F) overnight on sheet pans. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking. • Sort pieces and cook similar sizes together. • TO COOK: Cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Insert thermometer into the thickest part of the meat. Be sure thermometer does not touch bone. 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. • Serve promptly or refrigerate and use any leftovers within 2 days. Reheat to internal temperature of 165 °F for 15 seconds.
USES AND TIPS	<ul style="list-style-type: none"> • Chicken may be baked or oven-fried, broiled, barbecued, or simmered.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Cook chicken products to an internal temperature of 165 °F for 15 seconds. The pink color in safely cooked chicken is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more in young birds. • Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry. • Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.
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.