

A517 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB



Nutrition Information

Chicken, diced, meat only, cooked

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Chicken meat is cooked and ready-to-eat without reheating or further cooking. Breast and leg meat are cut into irregular shapes and diced into ½ inch square cuts, leaving pieces with random natural depth and shape. Pieces are individually quick-frozen (IQF) and packed into bags. Cannot contain skin, wing meat, neck meat, giblets, or kidneys.
PACK/YIELD	<ul style="list-style-type: none"> 4/10 lb bags per case. One 40 lb box AP yields 40 lb cooked chicken meat and provides 640.0 1-oz servings cooked chicken meat. One lb AP yields 1 lb cooked chicken meat and provides 16.0 1-oz servings cooked chicken meat. CN Crediting: 1 oz diced, cooked chicken meat provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store diced chicken frozen at 0 °F or below in original shipping case off the floor. Refrigerate leftover diced chicken covered and labeled in a dated nonmetallic container and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	1 oz (28 g)
Calories	43
Protein	8.60 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	1.16 g
Saturated Fat	0.33 g
<i>Trans</i> Fat	N/A
Cholesterol	26 mg
Iron	1.08 mg
Calcium	0 mg
Sodium	13 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	N/A

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: Keep diced chicken in the bag or pour into a clean covered container. Thaw in the refrigerator at 36 to 41 °F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing.
USES AND TIPS	<ul style="list-style-type: none"> • Use diced chicken meat on salads, in pocket sandwiches, mixed dishes, or tossed with pasta.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Thaw frozen products in the refrigerator below fresh or ready-to-eat foods. • Heat processed ready-to-eat chicken products from a package 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. 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.