



CHICKEN, CANNED

Date: October 2012 Code: 110302

PRODUCT DESCRIPTION

- Canned boned chicken is fully cooked skinless light and dark meat from fowl or roosters, and is packed in a lightly salted broth.

PACK/YIELD

- Canned chicken is packed in 16 ounce cans. One can of chicken is about 5 servings (3 ounces each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened chicken in a tightly covered container that is not made from metal and refrigerate. Use within 3 days.
- Look at the “Best if used by” or “Best by” date on the can.
- 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>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container that is not made from metal.

USES AND TIPS

- Add canned chicken to quesadillas, enchiladas, tacos, or spaghetti for a quick meal.
- Canned chicken can be used in soups, casseroles, or chicken salad.

NUTRITION INFORMATION

- 1 ounce of cooked chicken counts as 1 ounce in the MyPlate Protein Group. For a 2,000-calorie, diet the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.
- Chicken provides protein and minerals.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 3 ounces (85g) canned chicken, drained

Amount Per Serving

Calories	140	Calories from Fat	45
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% Daily Value*

Total Fat 5g		8%
Saturated Fat 1.5g		0%
<i>Trans</i> Fat 0g		
Cholesterol 70mg		23%
Sodium 230mg		10%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 23g		
Vitamin A 0%	Vitamin C	0%
Calcium 2%	Iron	6%

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

CHICKEN RICE SOUP

MAKES 6 SERVINGS

Ingredients

- 1 can (12 ½ ounces) chicken, undrained
- 5 stalks celery, chopped
- 1 medium onion, chopped
- 1 teaspoon black pepper
- 1 tablespoon parsley
- 4 cups water
- 1 tablespoon margarine
- 1 cup rice, uncooked
- 1 can (about 15 ounces) low-sodium carrots, drained
- 1 can (about 15 ounces) low-sodium green beans, drained

Directions

1. In a large pot, over high heat, combine chicken, celery, onion, pepper, parsley, and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.
2. Cook rice according to package directions.
3. Add carrots, green beans, and cooked rice to large pot and heat for 5 more minutes over medium heat. Serve hot.

Nutrition Information for 1 serving of Chicken Rice Soup							
Calories	280	Cholesterol	50 mg	Sugar	5 g	Vitamin C	11 mg
Calories from Fat	50	Sodium	368 mg	Protein	20 g	Calcium	80 mg
Total Fat	6 g	Total Carbohydrate	35 g	Vitamin A	420 RAE	Iron	4 mg
Saturated Fat	1.5 g	Dietary Fiber	5 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

EASY CHICKEN AND CHEESE DIP

MAKES ABOUT 6 APPETIZER SERVINGS

Ingredients

- 1 can (12 ½ ounces) chicken, drained
- 2 teaspoons reduced salt taco seasoning from package (or use 1 teaspoon chili powder instead)
- 1 cup low-fat cheddar cheese, shredded
- 6 ounces low-fat, unsalted tortilla chips

Directions

1. Place chicken and taco seasoning in medium-size skillet; cook over medium heat for 3 to 4 minutes.
2. Put chicken and taco seasoning mixture in a bowl.
3. Sprinkle shredded cheese on top of warm chicken and taco seasoning mixture.
4. Serve with tortillas chips.

Tip

Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the chicken and taco mixture while heating.

Nutrition Information for 1 serving Easy Chicken and Cheese Dip							
Calories	230	Cholesterol	45 mg	Sugar	0 g	Vitamin C	0 mg
Calories from Fat	50	Sodium	300 mg	Protein	21 g	Calcium	129 mg
Total Fat	6 g	Total Carbohydrate	23 g	Vitamin A	18 RAE	Iron	1 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe provided by USDA FNS, Food Distribution Division, 2009.