

# CHICKEN, Consumer Pack (Whole/Bagged), FROZEN

for use in the USDA Household Commodity Food Distribution Programs

Revised: 02/23/04

## Product Description

Frozen Whole Bagged Chickens are U. S. Grade A. They are ready to cook.

## Pack/Yield

These are whole broiler/fryer Consumer-Tray-Packed Chickens, with necks and giblets. They weigh 3 to 4¼ pounds without giblets. This size chicken yields 5 to 6 three-ounce servings.

## Storage

- Keep frozen at 0°F or below until ready to use.
- After cooking, remove meat from bones and store leftover chicken in a covered container, in the refrigerator. Use within 2 days.

## Preparation

- Frozen chicken must be properly handled to avoid spoilage or serious food poisoning.
- Thaw frozen chicken in the refrigerator, on a platter to catch drips. Set on the lowest shelf away from other foods. Chickens will thaw in twenty-four hours in the refrigerator.
- For food safety reasons, **do not** thaw the chicken at room temperature or in water. DO NOT REFREEZE. Cook within 24 hours of thawing.
- After thawing, wash thoroughly in cold water. Drain.
- If accidentally thawed, cook promptly.

## USES

- Leftover chicken will make excellent quick-to-fix soup, salad filling for sandwiches, or casseroles.

*(See recipe and menu ideas on reverse side)*



U.S. Department of Agriculture

- Chicken may be roasted (stuffed or unstuffed), oven-fried, broiled, barbecued, or simmered.

## Cooking

- Use a thermometer to test the doneness: insert thermometer into thickest part of thigh, not touching bone. An internal temperature of 180°F indicates that the chicken is ready to serve.
- Cook completely; do not partially cook chicken one day and finish cooking the next.

## Nutrition Information

- **Chicken** is a good source of minerals such as phosphorus and potassium; and vitamins such as B6, riboflavin, and niacin.
- 2 to 3 ounces of chicken provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 3 ounces (85g)	
Cooked chicken	
Amount Per Serving	
<b>Calories</b> 161	<b>Fat Cal</b> 56
% Daily Value*	
<b>Total Fat</b> 6.2g	<b>9%</b>
Saturated Fat 1.7g	<b>8%</b>
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 73mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 24g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Skillet Roasted Chicken

1 whole chicken, thawed and washed  
1 tablespoon margarine or butter  
1 can (10¾ ounces) chicken broth  
2 tablespoons lemon juice

*Recipe provided by Perdue Farms*

1. Preheat oven to 375°F.
2. Remove giblets from chicken cavity and reserve for another use.
3. Split chicken down the backbone and place chicken, breast side up, in a large oven-proof skillet or baking pan.
4. Smear outside with margarine.
5. Roast uncovered for 30 minutes, until chicken begins to brown.
6. Pour chicken broth and lemon juice around chicken, basting the chicken as you pour.
7. Continue to roast 45-60 minutes longer until skin is rich, deep brown, and thermometer registers 180°F.

**Makes 6 servings**

### Nutrition Information for each serving of Skillet Roasted Chicken:

Calories	188	Cholesterol	75 mg	Sugar	0 g	Calcium	16 mg
Calories from Fat	76	Sodium	268 mg	Protein	25 g	Iron	1.1 mg
Total Fat	8.5 g	Total Carbohydrate	0 g	Vitamin A	32 RE		
Saturated Fat	2.1 g	Dietary Fiber	0 g	Vitamin C	2 mg		

## Easy Sunday Dinner Roast Chicken

1 chicken, thawed, washed, patted dry with paper towel  
1 tablespoon oil  
1 20-ounce package frozen broccoli, cauliflower, carrot mix

1. Preheat oven to 350°F.
2. Remove giblets from chicken cavity and reserve for another use.
3. Rub skin with oil and season inside and out with salt/pepper as desired.
4. Place chicken in shallow roasting pan. Roast 2 to 2½ hours until thermometer registers 180°F.
5. During the last 30 minutes of roasting time, arrange thawed vegetables in pan around chicken, and season with salt/pepper as desired.

**Makes approximately 6 servings**

### Gravy (optional)

All drippings in pan  
2 tablespoons flour  
Broth or water as needed

*Recipe provided by Perdue Farms*

1. Pour all juices remaining in pan into a heatproof 2-cup measuring cup.
2. Fat will rise to the top - pour off two tablespoons of this fat from the top into roasting pan. Discard remainder of clear liquid fat, retaining dark juices - set them aside.
3. Stir 2 tablespoons of flour into fat in roasting pan.
4. Cook over medium heat 1 minute, stirring constantly.
5. To dark juices remaining in cup, add enough broth or water to equal 2 cups of liquid.
6. Whisk this liquid into flour mixture in roasting pan. Cook until gravy thickens, stirring constantly. Season with salt/pepper as desired.

### Nutrition Information for each serving of Easy Sunday Dinner Roast Chicken:

Calories	188	Cholesterol	75 mg	Sugar	0 g	Calcium	16 mg
Calories from Fat	76	Sodium	268 mg	Protein	25 g	Iron	1.1 mg
Total Fat	8.5 g	Total Carbohydrate	0 g	Vitamin A	32 RE		
Saturated Fat	2.1 g	Dietary Fiber	0 g	Vitamin C	2 mg		

***This recipe, presented to you by USDA, has not been tested or standardized.***

**U.S. Department of Agriculture • Food and Nutrition Service**

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14<sup>th</sup> & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.