

# CHICKEN CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 04/18/08

## 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

Canned boned chicken is packed in a 12.5-ounce can, which yields about 10.6 ounces chicken after draining and heating. One can of chicken provides about 5 2-ounce servings.

## Storage

- 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 and refrigerate. Use within 3 days.

## Menu Ideas

- Canned chicken may be creamed, or used in soups, casseroles, or chicken salad.
- Add chicken to quesadillas, enchiladas, tacos, or spaghetti for a quick and easy meal.



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## Nutrition Information

- 1 ounce cooked chicken, without skin counts as an ounce equivalent in the Meat & Beans group towards your daily recommended intake.

*(See recipes on reverse side)*

<b>Nutrition Facts</b>			
Serving size 2 ounces (57g)			
Canned chicken, drained			
<b>Amount Per Serving</b>			
<b>Calories</b>	95	<b>Fat Cal</b>	30
<b>% Daily Value*</b>			
<b>Total Fat</b>	3.1g		<b>5%</b>
	Saturated Fat 0.9g		<b>8%</b>
<b>Cholesterol</b>	50mg		<b>16%</b>
<b>Sodium</b>	152mg		<b>6%</b>
<b>Total Carbohydrate</b>			<b>0%</b>
	0g		
	Dietary Fiber 0g		<b>0%</b>
	Sugars 0g		
<b>Protein</b>	15.5g		<b>31%</b>
Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet.			

## Easy Chicken Chili

2 cans Chicken (12.5 oz), drained  
2 cans kidney beans (15.5 oz), not drained  
2 cans diced tomatoes (15.5 oz), not drained  
1 package chili seasoning, dry  
1/16 teaspoon garlic pepper sauce, to taste

*Recipe provided by Tyson Foods*

1. Combine all ingredients in a large saucepan.
2. Stir until well blended.
3. Bring to a boil; reduce heat and simmer 20 minutes.

Serving Suggestion: Serve with shredded cheese, and tortilla chips or crackers.

**Makes 4 servings**

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### Nutrition Information for each serving of Easy Chicken Chili:

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Calories	535	Cholesterol	132 mg	Sugar	14 g	Calcium	167 mg
Calories from Fat	86	Sodium	634 mg	Protein	56 g	Iron	5 mg
Total Fat	9.6 g	Total Carbohydrate	51 g	Vitamin A	89 RE		
Saturated Fat	2.3 g	Dietary Fiber	16 g	Vitamin C	19 mg		

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## Chicken Fruit Salad

2 cans Chicken (12.5 oz), drained  
4 tablespoons fat-free mayonnaise  
1/3 cup almonds, slivered  
1/3 cup celery, diced  
20 red seedless grapes, halved

*Recipe provided by Tyson Foods*

1. Combine chicken and mayonnaise in a medium bowl, blending with a fork until chicken is shredded.
2. Mix almonds, celery and grapes into chicken.

Serving Suggestion: Serve on choice of lettuce, crackers or bread. Refrigerate leftovers.

**Makes 4 Servings**

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### Nutrition Information for each serving of Chicken Fruit Salad:

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Calories	324	Cholesterol	131 mg	Sugar	4.3 g	Calcium	56 mg
Calories from Fat	114	Sodium	528 mg	Protein	43 g	Iron	2 mg
Total Fat	12.5 g	Total Carbohydrate	7 g	Vitamin A	5.5 RE		
Saturated Fat	2.7 g	Dietary Fiber	1.4 g	Vitamin C	1 mg		

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**These recipes, presented to you by USDA, have not been tested or standardized.**

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