

# CHICKEN

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 03/14/03

### Product Description

**Canned boned chicken** is fully cooked light and dark meat from fowl or roosters, and is packed in broth. May occasionally contain small bones. No salt is added.

### Pack

Canned boned chicken is packed in a 29-ounce can, which yields about 20 ounces chicken and skin after draining and heating. One can of chicken provides about 10 2-ounce servings.

### Storage

- Store unopened cans in a cool, dry place until ready to use.
- After opening, store unused chicken in a tightly sealed non-metallic 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.



U.S. Department of Agriculture

### Nutrition Information

- **Canned chicken** is an extra lean source of protein.
- 2 to 3 ounces of chicken, or about  $\frac{1}{3}$  to  $\frac{1}{2}$  cup, provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

Nutrition Facts	
Serving size 2 ounces (57g) Canned chicken, drained	
Amount Per Serving	
<b>Calories</b> 100	<b>Fat Cal</b> 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 14g	<b>28%</b>
Vitamin A 2%	Vitamin C 0%
Calcium 1%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Quick Chicken Salad

2 cups canned chicken, drained  
½ cup mayonnaise  
¼ cup sweet pickle relish  
salt and pepper, to taste

In a small bowl, mix chicken, mayonnaise, relish, salt, and pepper. Add other ingredients as desired.

Serve with crackers, as a sandwich on whole wheat bread, or on top of a green salad.

*For a variation, add any of these:*

- celery, sliced
- onion, chopped
- grapes, halved
- walnuts or almonds, chopped
- apple, chopped
- hard boiled egg, chopped

**Makes four (½-cup) servings**

---

### Nutrition Information for each serving of Quick Chicken Salad (without optional ingredients):

---

Calories	230	Cholesterol	40 mg	Sugar	0 g	Calcium	13 mg
Calories from Fat	130	Sodium	480 mg	Protein	13 g	Iron	1 mg
Total Fat	14.5 g	Total Carbohydrate	12 g	Vitamin A	47 RE		
Saturated Fat	2.5 g	Dietary Fiber	0 g	Vitamin C	1 mg		

---

## Chicken and Pasta Primavera

1½ cups uncooked bowtie pasta (or any other type of pasta)  
1 (10.75 ounce) can condensed cream of mushroom soup  
¾ cup milk  
¼ cup grated Parmesan cheese (optional)  
⅛ teaspoon ground black pepper  
2 cups broccoli florets  
⅛ teaspoon garlic powder  
2 carrots, sliced thinly  
⅓ can (about 10 ounces) canned chicken, drained

1. Cook pasta in boiling water. Drain.
2. Meanwhile, prepare the cream sauce. In a medium saucepan, stir together soup, milk, Parmesan cheese, pepper, broccoli, garlic powder, and carrots. Reduce heat to low and cover. Simmer for 10 minutes, or until vegetables are tender. Stir occasionally.
3. Stir pasta and chicken into cream sauce and heat thoroughly.

**Makes 4 Servings**

*Recipe provided by AllRecipes.com*

---

### Nutrition Information for each serving of Chicken and Pasta Primavera:

---

Calories	300	Cholesterol	50 mg	Sugar	5 g	Calcium	187 mg
Calories from Fat	120	Sodium	760 mg	Protein	23 g	Iron	2 mg
Total Fat	13.5 g	Total Carbohydrate	22 g	Vitamin A	2870 RE		
Saturated Fat	4 g	Dietary Fiber	3 g	Vitamin C	46 mg		

---

**These recipes, presented to you by USDA, have 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.