Chicken, Canned
MyPlate Food Group: Protein

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.

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.

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
- 3 ounces of chicken counts as 3 ounces in the MyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

Resources
- www.nutrition.gov
- www.foodsafety.gov

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
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<tbody>
<tr>
<td></td>
<td>140</td>
<td>45</td>
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<table>
<thead>
<tr>
<th>%- Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>24%</td>
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</tr>
<tr>
<td>Sodium</td>
<td>10%</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0%</td>
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<tr>
<td>Protein</td>
<td>23g</td>
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Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 6%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts panel or ingredient list for product-specific information.

July 2018

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**Chicken Rice Soup**

**Makes about 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.

*Recipe adapted from Commodity Supplemental Food Program Cookbook, http://www.ncsfpa.org/nutrition/*

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**Easy Chicken and Cheese Dip**

**Makes about 6 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.

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

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