

Chicken, Whole, Frozen

MyPlate Food Group: **Protein**



Product Description

- Whole frozen raw chickens are U.S. Grade A ready-to-cook broiler/fryer chickens.

Storage

- Keep frozen at 0 degrees F until ready to use.
- After cooking, store leftover chicken in the refrigerator in a covered container that is not made from metal. Use within 3 to 4 days.

Uses and Tips

- Frozen chicken should be cooked to an internal temperature of 165 degrees F as measured by a food thermometer before removing thermometer from the source of heat.
- You cannot tell if food is cooked safely by how it looks.
- Chicken may be baked, broiled or grilled.
- Cooked chicken can be used in many different ways such as in sandwiches, soups, salads.

Nutrition Information

- 3 ounces of cooked chicken counts as 3 ounces in the ChooseMyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.
- Chicken provides protein and minerals. To reduce fat and cholesterol serve without skin.

Resources

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

Nutrition Facts

Serving size: 3 ounces (85g) cooked chicken, without skin

Amount Per Serving			
Calories	160	Calories from Fat	0
-% Daily Value*			
Total Fat	7g		0%
Saturated Fat	2g		0%
Trans Fat	0g		
Cholesterol	70mg		0%
Sodium	6mg		0%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	22g		
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.

USDA Foods

Basic Baked Chicken

Makes about 6 servings

Ingredients

- 1 package chicken (4 pounds), thawed
- Nonstick cooking spray
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- 1 teaspoon salt (if you like)

Directions

1. Preheat oven to 350 degrees F.
2. Spray baking pan or oven-safe baking dish with nonstick cooking spray.
3. Cover chicken with garlic powder and pepper. If using salt, add that too.
4. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds.
5. Do not cover pan or turn chicken while baking.

Tip

Serve hot with rice or pasta and vegetables.

Recipe adapted from SNAP-ED Connection Recipe Finder

Crispy Baked Chicken

Makes about 4 servings

Ingredients

- 1 package chicken, thawed and skin removed
- 3 cups rice cereal (crushed to equal about $\frac{3}{4}$ cup)
- $\frac{1}{3}$ cup cheese, such as cheddar, shredded (can also use low-fat cheese blend slices, cut into small pieces)
- 2 eggs
- $\frac{1}{3}$ cup low-fat milk
- $\frac{1}{3}$ cup flour
- $\frac{1}{2}$ teaspoon dried thyme (if you like)
- 1 teaspoon dried basil (if you like)
- Pepper to taste

Directions

1. Combine rice cereal and cheese in a shallow pan or plate. Set aside.
2. In a small mixing bowl, beat egg and milk slightly.
3. Add flour. If using thyme and basil, add that too. Mix ingredients until smooth.
4. Dip chicken pieces in batter.
5. Cover entire pieces of chicken with cereal mixture.
6. Place in single layer in shallow baking pan coated with nonstick cooking spray.
7. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds.
8. Do not cover pan or turn chicken while baking.

Tip

Serve hot with rice or pasta and vegetables.

Recipe adapted from What's Cooking? USDA Mixing Bowl