



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 05-03-12)

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**100101 – CHICKEN, DICED, COOKED, FROZEN, IQF, 10 LB**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Chicken meat is cooked and ready-to-eat without reheating or further cooking. Pieces are individually quick-frozen (IQF) and packed into bags. Cannot contain skin, wing meat, neck meat, giblets, or kidneys.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/10 lb bags per case.</li> <li>One 40 lb box AP yields 40 lb cooked chicken meat and provides 640.0 1-oz servings cooked chicken meat.</li> <li>One lb AP yields 1 lb cooked chicken meat and provides 16.0 1-oz servings cooked chicken meat.</li> <li>CN Crediting: 1 oz diced, cooked chicken meat provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store diced chicken frozen at 0°F or below in original shipping case off the floor.</li> <li>Refrigerate leftover diced chicken covered and labeled in a dated nonmetallic container and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Chicken, diced, meat only, cooked

	1 oz (28 g)
Calories	43
Protein	8.60 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	1.16 g
Saturated Fat	0.33 g
Trans Fat	0 g
Cholesterol	26 mg
Iron	.36 mg
Calcium	0 mg
Sodium	13 mg
Magnesium	7.31 mg
Potassium	70 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0 mg
Vitamin E	0 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• TO THAW: Keep diced chicken in the bag or pour into a clean covered container. Thaw in refrigerator at 41°F or below for 48 hours. Use thawed ham within 24 hours.</li> <li>• Serve leftovers within 7 days and keep refrigerated at 41°F or below until used.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use diced chicken meat on salads, in pocket sandwiches, mixed dishes, or tossed with pasta.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.</li> <li>• Heat processed ready-to-eat chicken products from a package to an internal temperature of 165 °F for at least 15 seconds as measured by thermometer. Judge doneness by temperature, not the color or texture of the food. The pink color in safely cooked chicken is due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more in young birds.</li> <li>• Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.</li> <li>• Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

Nutrient values in the nutrition information section 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 label or ingredient list for product-specific information.

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