



100877 - Chicken, White Meat, Cooked, Canned

Category: Meat/Meat Alternate



Product Description

- This item is a cooked white meat chicken product packed in broth or water. This product is delivered in cases containing twelve 50-ounce cans.

Crediting/Yield

- One case of canned chicken provides about 360 1-ounce portions of drained chicken.
- CN Crediting: 1 ounce of drained canned chicken credits as 1 ounce equivalent meat/meat alternate.

Culinary Tips and Recipes

- Canned chicken can be used in chicken salads, wraps, and sandwiches or can be heated and served in a variety of dishes, such as barbecue, burritos, soups, or casseroles.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

Serving size: 1 ounce (28 g)/1 MMA drained canned chicken

Amount Per Serving

Calories 38

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 23mg

Sodium 143mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Includes 0g Added Sugars

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.